

2010 SHORT COURSE ZONE APPLICATION INFORMATION

Application Deadline: 11:59 PM Saturday, March 13, 2010
You must submit an application to be considered for the team!

Welcome to the AM Zone Meet Application process! The Eastern Zone SC Short Course Championship Meet is held at the end of the short course season for the top swimmers from each of LSC's in the Eastern Zone. This spring, the meet will be held April 1 - 3, 2010 in Rochester, New York. Allegheny Mountain Swimming fields our team with the fastest 2 swimmers in event from the applications we receive. Requirements are as follows:

- 1) Swimmer must submit a 2010 Zone Application
- 2) Times must have been achieved during the qualifying period 3/31/2009 through 3/14/2010 from an observed, approved or sanctioned USA Swimming competition.
- 3) Swum in a minimum of 3 AMS Sanctioned meets covering 6 days and 18 events.

Following Age Group Championships on March 14, the AM Zone Team Coaching staff will choose the 2010 team. Each swimmer can swim a maximum of six (6) total events at the Zone meet. In the event that a swimmer exceeds six events or more than three in one day, the next fastest AMS swimmer from the applicants will be chosen for the team.

This is an All-Star Team from Allegheny Mountain Swimming and we treat it as such. Athletes are committed to traveling on the busses to and from the meet as one unit. We bring most athletes back to finals, except for 10 and under swimmers, to cheer on our night swims. **By accepting placement on the team, you are telling the coaching staff you are a team player and you are available for the entire trip. Whether you swim one (1) event or six (6) events plus relays you are expected to be there for the entire trip.** Once the meet is over you may have a release form signed to be excused from the bus trip home. This is a USA Swimming meet, so all Codes of Conduct and Sportsmanship are to be followed. Any actions not in the best interest of the team shall result in being removed from participation in the competition.

COST

A fee is assessed for the trip that includes food, bus travel, some team equipment, and accommodations for swimmers 13 and up. Parents of swimmers 12 and under are responsible for room fees at the AMS negotiated rates. Additional optional equipment will also be available for purchase through the Metro Swim Shop AMS Zone Team Portal (see separate instructions). Costs for the individual age groups are: 10 and under - \$290.00, 11 & 12 - \$330.00, and 13 & Over - \$430.00. Only club checks are accepted as payment for fees (with the exception of unattached swimmers). All clubs shall be notified on how many swimmers they have participating and the total cost for the club. Additional costs do apply, please read the rooming information for the 12 and younger athletes.

ROOMING

13 & Over (Woodcliff Hotel & Spa): Swimmers age thirteen and over will be staying together, typically 3-4 swimmers per room. Roommate requests will be taken, but cannot be guaranteed. 13 & over swimmers do not need to make their own hotel reservations and room rates are included in the total cost. Swimmers are responsible for additional cost billed to the rooms, such as phone use or movie charges.

12 & Under (Woodcliff Hotel & Spa): Swimmers age twelve and younger stay with their parents/guardians. AMS will reserve one room for each 12 & under family. Parents will receive one room confirmation number from the AMS block. Once confirmation numbers from AMS are received, parents must call the hotel within 24 hours to transfer the room charge to a family credit/debit card. Parents are responsible for room rates (at the AMS price) and any charges billed to the room.

The Zone Team will be staying at the Woodcliff Hotel & Spa in Fairmont, NY. After we have accounted for the Athletes, Staff, Chaperones and Bus-Drivers, any remaining rooms will be released to the 13 and over parents. 13 and over parents are not guaranteed a room from the AMS block.

MEETING/PRACTICE

A Zone Team practice and Parents' meeting will be held (Date & Location TBA). All forms and fees are due at that time. If you are unable to make this meeting, you must make arrangements to turn in your fees and paperwork.

TRAVEL

The entire team will travel by bus to New York March 31st, and return very late on April 3rd. Our departure and return points are the Great Southern Shopping Center in Bridgeville, Monroeville Home Depot and the Krispy Kreme in Cranberry.

FORMS

Each participant must complete a Medical Release Form and Travel Team Code of Conduct. They are available under the Zones Information page of the AMS Web Site. The forms must be completed and turned in at the Parent Meeting. Swimmers will not be permitted to board the busses until these forms are received. Any swimmer who will not be traveling to or from the meet with the rest of the team must obtain an Early Release Form from the Head Coach and have it signed/approved by the Head Zone Coach and Zone Team Manager.

MEALS

Breakfast, lunch and dinner are included throughout the trip with one exception: 10 & under parents are responsible for their child's dinners on Thursday and Friday. 10-and-under swimmers will not be attending Finals on those nights, and will be in the care of their parents.

TEAM GEAR

(Please see Zone Team Gear Ordering Information)

Swimmers will travel to and from the pool together and are expected to be on deck during all competition of their age groups in AMS apparel—this includes finals.

We are implementing a new team gear ordering process for this Zone Meet. We have arranged for Metro Swim Shop to set up an AMS Zone Team Portal through their web site www.metroswimshop.com/ams. **All team gear must be ordered through that site – even items that are included in the price.** Mandatory/Included items are one (1) short-sleeved tee shirt, one (1) long-sleeved tee shirt, one (1) pair of shorts and one (1) hooded sweatshirt You will not be billed for these items. Swimmers will also receive a towel and two caps (these items do *not* need to be ordered through the Metro/AMS Portal)

For this season's Zone Trip, our team suit will be a Black FS Pro. We have arranged special team pricing through Metro Swim Shop. The purchase of a team suit is not mandatory. If you do not purchase the team suit, you should plan to compete in a solid black suit. Swimmers will not be allowed to compete or represent AMS in home-team suits. Speedo swim bags and warm-ups will also be available for purchase. The suits, bags and warm-ups are all optional and are not included in the Zone Team fees.

VOLUNTEERS

Many volunteers will be needed for this meet: bus chaperones, meal assistance, timers, officials, etc. Everyone is expected to help in some manner. Information regarding the ways you can offer your assistance will be forthcoming, but we urge you to please be generous with your time. It takes the work of many people to make this a successful trip for our children and the safety and comfort of the swimmers will be our top priority. The more people we have helping out, the lighter the load is for each of us. Any assistance you can offer will

be greatly appreciated. For those parents of 13 & over's who will not be attending the meet, there are other ways you can help, such as equipment distribution or fee collection on the night of the Zone Team practice.

If your child is interested in going to Zones and is currently listed on the AM Top 10 list, we encourage you to complete the application on the AM website. There is no penalty for applying for the Team. **If you do not submit an application, you will not be considered for the Team – No Excpetions!!!** Your application must be submitted by **11:59 PM on Saturday, March 13, 2010**. Swimmers will be notified via email regarding Team selection. We ask that all correspondence and questions be directed to either the Trip Coordinator or Head Coach via email.

Good luck, and we hope to see you in New York!

ZONE TEAM COORDINATOR

Diane Churman
churms17@yahoo.com
 (412) 366-7276

ZONE TEAM HEAD COACH

Kevin Hartbauer
kevinhart52186@gmail.com
 (412) 953-7541

AMS OFFICE

Laura Hartman
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 (412) 200-2571

GROUP	COST	BUS	HOTEL	MEALS											
				Wed			Thu			Fri			Sat		
				B	L	D	B	L	D	B	L	D	B	L	D*
13 & OVER	\$430.00	x	x		x	x	x	x	x	x	x	x	x	x	*
11 & 12	\$330.00	x			x	x	x	x	x	x	x	x	x	x	*
10 & UNDER	\$290.00	x			x	x	x	x		x	x		x	x	*

**swimmers should bring money for dinner on the road home Saturday night*

Team Gear (Included in price): - Order through www.metroswimshop.com/ams

Short Sleeve T-Shirt; Long Sleeve T-Shirt; Shorts & Hoodie. (Also automatically included: Caps (2) & Towel – no need to order those items)

Optional Gear (Not Included in price): Order through www.metroswimshop.com/ams

Team Suit, Warm-Ups, Team Backpack. Extra short and long sleeve t-shirts may also be purchased.

Accomodations:

12 & Under Swimmers (must stay with parent): Not included in price

13 & Over Swimmers (stay 4/room in AMS Rooms): Included in price

WOODCLIFF HOTEL & SPA (AMS Block Rate: \$115/night + tax)

199 Woodcliff Dr.
 Fairport, NY 14450
 585-381-4000

Note: Rooms cannot be reserved in the AMS Block at this time. Once the team is confirmed, you will be given further instructions. 12 & under swimmers staying with their families are guaranteed one room in the AMS block. 13 & over swimmer accommodations are handled by AMS. 13 & over parents will have the option to reserve a room in the AMS block (first come-first served) after all swimmer accommodations are finalized. Rooms can be reserved **outside** of the AMS block at any time by contacting the hotel.