

# 2012 Southern Zone Age Group Championships

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*July 31-August 5, 2012*

*(Last Updated 5/21/2012 with corrected trip details)*

## Trip Information

**Coaching Staff:** Michael White (HYCAT), Head Coach [michaelwhite184@gmail.com](mailto:michaelwhite184@gmail.com); Kate Inozemtseva (FAST), Assistant Coach [e.inozem@hotmail.com](mailto:e.inozem@hotmail.com) ; Kathryn Saurborn (FAST), Assistant Coach

**Chaperones:** Currently we have three chaperones: Kathy & Bob Morris, (HYCAT), Derek Weaver (FAST). We could still use 1 female chaperone. Chaperones must be registered through USA swimming and must go through the same background check that all USA non-athletes go through. If interested, contact Coach White at [michaelwhite184@gmail.com](mailto:michaelwhite184@gmail.com)

**Bus Information:** The Zone Team will be utilizing Spring Valley Charter out of Barboursville, West Virginia.

**Trip Details:** Saturday, July 28<sup>th</sup>---The bus will make one stop in Charleston at the University of Charleston. The group will then start their trip, stopping in Memphis on Saturday night. Swimmers will stay in Memphis overnight. Sunday, July 29<sup>th</sup>—The swimmers will have a 60 minute “stretch-out swim” at the University of Memphis at 9:30 and will resume the trip immediately afterwards. The team will arrive in Texas on Sunday evening. Monday, July 30<sup>th</sup>—The team will have a practice at Rockwall Aquatic Center in the morning with a series of team activities afterward. Tuesday, July 31<sup>st</sup>—Distance Events. Wednesday through Saturday—Traditional Events. Sunday, August 5<sup>th</sup>—The team will check out of the hotel and participate in the Open Water Championships. Following the open water swim, the team will travel as far as Memphis. Monday, August 6<sup>th</sup>—The team will complete the trip and will arrive in Charleston Monday night.

**Hotel Information:** The team will be staying at the SpringHill Suites by Marriott. Address: 3251 E. George Bush Turnpike, Richardson, Texas 75082. Parent rooms are also available by calling the hotel at

**Memphis Stop:** Please make sure your swimmer has a swim bag packed for our first day of travel that includes a set of clothes for Sunday, the necessary things for swim practice on Sunday morning, and toiletries for Saturday night. It is not practical to pull all the luggage out of the bus for one night.

**Travel Home:** For families that are making the trip to the meet and want to take their swimmers home with them after the open water swim, simply fill out the release (on the bottom of the travel form) and give it to Coach White.

**Note:** A detailed itinerary will be given to swimmers & sent to parents before departure.

## Meet Information

**Facility:** Rockwall ISD Aquatic Center  
1205 T. L. Townsend Rockwall, TX 75087

**Swimmer Age:** As of July 31<sup>st</sup>, 2012

**Entry Limit:** One relay per event; 3 entries in the 400FR, 400IM, 800/1500FR. All other events are unlimited. Each swimmer is limited to 6 individual events, with no more than 3 per day.

**Note:** Relays will be comprised of top SCY times (LC times will not be used for relays). Preference for the 400FR, 400IM, 800/1500FR will be given to the fastest swimmers first. This will be based on SCY times.

### 400 FR

Alyssa Rittinger 5:19.92	Sean Snider 4:53.32
Emily Hageboeck 5:23.71	Adam Poe 4:59.34
Becka Crandall 5:33.11	Zach Shurow 5:08.24
Courtney Deem 5:35.41	Jake Preaskorn 5:10.52
Katie Hageboeck 5:36.30	Josh Barnette 5:12.43
Catie Preaskorn 5:38.70	

### 400 IM

Emily Hageboeck 4:48.32	Jake Preaskorn 4:17.85
Alyssa Rittinger 4:59.70	Adam Poe 4:24.96
Katie Hageboeck 5:02.35	Sean Snider 4:30.45
Courtney Deem 5:03.95	Zach Shurow 4:43.94
Sophie Georgel-Walz 5:21.02	Garrett Fink 4:48.20
Alyssa Morris 5:22.84	Josh Barnette 4:54.68

### 800FR/1500FR

Emily Hageboeck 10:52.71	Sean Snider 17:12.95
Courtney Deem 11:14.58	Adam Poe 18:13.38
Becka Crandall 11:16.46	Josh Barnette 18:34.69
Alyssa Rittinger 11:17.51	Garrett Fink 18:42.39
Katie Hageboeck 11:35.11	Zach Shurow 18:43.00
Catie Preaskorn 11:56.45	Kinzie Bailey 19:05.92

### Meet Schedule:

Session	Warmup Time	Meet Start Time
Tuesday (Dist. Timed Finals)	Warm-up: 12:00p	Start 2:00p
Wednesday-Saturday	Prelim Warm-up: 7:00a Final Warm-up: 4:00p	Prelim Start: 9:00a Final Start: 5:30p
Sunday (Open Water)	TBA	TBA

**Entry Fees:** Covered by the LSC

**Scoring:** Top 8 (Individual 9-7-6-5-4-3-2-1, Relay 18-14-12-10-8-6-4-2)

**Finals:** If any swimmer qualifies for finals, all swimmers will return together in time for warm-up sessions. In the event that no swimmers qualify for finals, we will return to the pool later in the session for relays (which take place at the end of finals).

**Captains:** One male and one female swimmer will represent the team. Voting will take place on the trip.

**Parade:** The athlete parade will take place Friday, at 5:00, prior to Finals. There will be a theme for outfits, but that has not yet been determined by the meet committee.

**Parent Seating:** For 900 spectators; free

**Heat Sheets:** \$15.00 for all days or \$5.00/day

**Event Listings:**

Tuesday, July 31 <sup>st</sup>	Wednesday, August 1 <sup>st</sup>	Thursday, August 2 <sup>nd</sup>
Girls 800 Free Boys 1500 Free	11-12 200 Free 13-14 200 Free 15-18 200 Free 11-12 50 Breast 13-14 200 Breast 15-18 200 Breast 11-12 100 Fly 13-14 100 Fly 15-18 100 Fly 400 Medley Relay (in Finals)	15-18 200 Back 13-14 200 Back 11-12 50 Back 15-18 100 Free 13-14 100 Free 11-12 400 Free 15-18 400 IM 13-14 400 IM 400 Free Relay (in Finals)
Friday, August 3 <sup>rd</sup>	Saturday, August 4 <sup>th</sup>	Sunday, August 5 <sup>th</sup>
11-12 100 Back 13-14 100 Back 15-18 100 Back 11-12 100 Breast 13-14 100 Breast 15-18 100 Breast 11-12 100 Free 13-14 400 Free 15-18 400 Free 200 Medley Relay (in Finals)	11-12 200 IM 13-14 200 IM 15-18 200 IM 11-12 50 Free 13-14 50 Free 15-18 50 Free 11-12 50 Fly 13-14 200 Fly 15-18 200 Fly 200 Free Relay (in Finals)	Open Water Swim

**Open Water Swim:** All swimmers will be required to participate in the Open Water Swim on Sunday, August 5<sup>th</sup> unless cleared by a doctor's note. As of 5/18, the Southern Zone Meet Committee has not released details on the open water swim location.

## Other Information

**Entry Times**—It’s extremely important to get a variety of long course meet experiences before the entry deadline. Converted short course times will only be used as a last resort. SCY times don’t convert well and don’t give an accurate representation of a swimmer’s improvement. If your club doesn’t have many long course options available, consider the following:

- Gahanna Blues & Jazz Fest Meet—Just outside Columbus, Ohio--June 15, 16, & 17 (Coach White should be attending)
- Abingdon Ultimate Challenge—Abingdon, VA—June 22, 23, 24
- CCA Summer Classic—Christiansburg, VA (site of LC State Champs)—July 6, 7, 8

Updated times will be accepted up until July 20<sup>th</sup>. If you’re updating times, get a copy of the TM Results or MM backup (don’t just type times and send them in an email!)

**Open Water Swim:** For any swimmer who hasn’t participated in an open water swim, it’s highly encouraged that they participate in the West Virginia Open Water Championships. The time standard requirement is a BB cut in the 500 Freestyle. Coach White will be in attendance for this meet. If your team is not sending swimmers & the coach will not be sending in entries, contact Coach White and he will get your swimmer entered.

### Hotel Room Assignments:

M. Chesler M. Dalton A. Abruzzino	C. Dankle J. Lederman A. Assi	E. Hageboeck C. Deem J. Chmiel	Q. Shurow J. Barnette J. Preaskorn	C. Preaskorn P. McGhee K. Hageboeck
C. Wright R. Raines K. Snider	R. Hageboeck R. Sutton	B. Crandall A. Blankenship	B. Weaver A. Boyles K. Bailey	S. Georgel-Walz C. Coleman A. Morris
C. Lamb K. Drennen	G. Fink N. Burd D. Nason	A. Rittinger A. Assi	S. Snider A. Poe Z. Shurow	
Bus Driver	Coach White	Coach Kate	D. Weaver	K&B MOorris

**Meals:** While in Texas, each breakfast will be provided by the hotel. We will attempt to find a food court so that swimmers can have their choice of meals each lunch (between prelims & finals).

**T-Shirt Ideas:** If you or your swimmer has an idea for one of the team shirts, design it and send it to Coach White.

**Food & Drinks:** Please carefully look over what food you’ll be sending with your swimmer for this meet. The food going into their system this week shouldn’t be a series of sugars—plan healthy! We will be loading a cooler of drinks to take to the pool for each session. If your swimmer is male, please send a 12 or 24 pack of water. If your swimmer is female, please send a 12 or 24 pack of Gatorade. It is not necessary to put names on the cases; they’ll be stored in the coach’s room and shared.

**Expenses:** Your swimmer's share of the expenses will include:

- Hotel expenses
- Swimmer's share of team dinners (not individual meals at lunch, but the team meals set up by the parents—these will be charged to a team credit card and then divided up among swimmers after the meet)
- Any upgrade to the team suit
- Apparel (not including the t-shirts)

The LSC will pay for: a bag for first-time qualifiers, the base-level suit (Speedo Aquablade), 2 caps, meet entries, bus transportation.

This is by no means an exact number, but if you want a rough guess on the total cost per swimmer:

Memphis Hotel (14 rooms x 2 nights x est \$99 per room/ 40 swimmers)	\$70.00
Rockwall Hotel (14 rooms x 7 nights x est \$99 per room/ 40 swimmers)	\$250.00
All Meals (22 meals @ \$8.00/meal)	\$176.00
Clothing	\$50.00
Estimated Cost	\$546.00

The bill for your expenses will be sent out to you October 1<sup>st</sup>.

**Reimbursement:** (from the WVS Policy Manual)

A swimmer is eligible for a \$300.00 reimbursement if they meet the following criteria:

- Participation in four WVS-sanctioned NON-CHAMPIONSHIP meets and participating in 24 events.
- Participation in both the WV SC and LC Championship meets and competing in 6 individual events
- Participation in 75% of the team's practice between the SC Championships & the SZ meet
- Participation in long course practice (if available)



## Medical Release Form

I am the parent, guardian, or custodian of the swimmer named herein, and I consent to medical and surgical treatment during an emergency involving an immediate danger to the health and safety of the swimmer.

I authorize and empower the representatives West Virginia Swimming to act on my behalf during an emergency involving an immediate danger to the health and safety of the swimmer and those representatives are authorized to consent to medical and surgical treatment.

I hereby release, indemnify, and agree to hold harmless West Virginia Swimming and its representatives from any claims arising from such emergency medical treatment and from any source whatsoever during the period that the swimmer is participating in any trip sponsored or conducted by West Virginia Swimming.

Swimmer's Name: \_\_\_\_\_

Swimmer's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Printed Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mother's Work Phone: \_\_\_\_\_ Father's Work Phone: \_\_\_\_\_

Mother's Cell Phone: \_\_\_\_\_ Father's Cell Phone: \_\_\_\_\_

Mother's E-Mail: \_\_\_\_\_ Father's E-Mail: \_\_\_\_\_

Swimmer's Physician: \_\_\_\_\_ Physician's Phone: \_\_\_\_\_

Physician's Address: \_\_\_\_\_

Insurance Coverage: \_\_\_\_\_

Policy Number: \_\_\_\_\_

(Attach copy of front and back of Insurance Coverage Card)

Any Known Food or Drug Allergies: \_\_\_\_\_

List Current Medications on Back





## Swimsuit/Clothing Information

Swimmer Name:

Men's Suit				
Type	MSRP	SZ Price	You Pay	Select Size
FSII Brief	\$52.00	\$26.00	\$0.00	
Aquablade	\$86.00	\$43.00	\$0.00	
FSII Jammer	\$150.00	\$75.00	\$32.00	
LZR Racer Pro Jammer	\$180.00	\$90.00	\$47.00	
LZR Elite Jammer	\$260.00	\$130.00	\$87.00	
FS3 Elite Jammer	\$260.00	\$130.00	\$87.00	
FS3 Super Elite Jammer	\$395.00	\$197.50	\$154.50	

Women's Suit				
Type	MSRP	SZ Price	You Pay	Select Size
Aquablade	\$86.00	\$43.00	\$0.00	
FSII Recordbreaker	\$170.00	\$85.00	\$42.00	
LZR Racer Pro Recordbreaker	\$190.00	\$95.00	\$52.00	
LZR Racer Elite Recordbreaker	\$270.00	\$135.00	\$92.00	
LZR Racer Elite Kneeskin	\$375.00	\$187.50	\$144.50	
FS3 Elite Kneeskin Openback	\$375.00	\$187.50	\$144.50	
FS3 Super Elite Kneeskin Openback	\$595.00	\$297.50	\$254.50	
FS3 Super Elite Kneeskin Closedback	\$595.00	\$297.50	\$254.50	

Clothing						
T-Shirt Size:	YS	YM	YL	AS	AM	AL
Shorts Size:	X-Small (Girls Only)		Small	Medium	Large	Extra Large