



Maine Swimming, Inc.



Eastern Zone Winter Short Course All Star Meet March 29-31, 2012 Webster Aquatic Center- Webster, NY

Adirondack, Allegheny Mountain, Connecticut, Maine, Maryland, Metropolitan, Middle Atlantic
New England, New Jersey, Niagara, Potomac Valley, Virginia

The Maine *ZONES* Swim team is heading to the 2012 Winter Short Course All Star meet!!!

The **Maine *ZONES* Swim team** is selected solely on the results of the MSI Winter Combined Championships at Bowdoin College March 15-18, 2012. A Swimmer must compete in this meet to qualify for the Maine *ZONES* Swim Team.

- ✓ **Swimmers 13 and older** who achieve the top two times in each of the finals of Winter Champs are eligible as long as they have an "A" time in that event.
- ✓ **Swimmers 12 and under** who achieve the top three times in each of the finals of the Winter Champs are eligible as long as they have an "A" time in that event.

Excerpt from MSI Policy and Procedure #24.1

Swimmers who age up before the Zone Meet and after Winter Championships will be considered in the age group they age up to and the swimmer who places second and third must have an A time will considered first and second if they have an "A" time. If one or both of the top two swimmers opt out, or are not allowed to attend (according to the Eastern Zone Policy), then the Swimmers who place third and so forth will be selected to the team provided that they have a "AA" time in that event. In the 12 and under age group, if a swimmer opts out, the swimmers who place fourth and so forth will be select to the team provided that they have an "AA" time.

- ✓ The **relay teams** will be chosen by the Maine *ZONES* Swim Team Head Coach based on each swimmer's personal best times and/or performance at the *ZONES* Meet.

The qualification criteria for the Maine *ZONES* Swim team:

1. All athletes must be registered with USA-S and MSI for the 2011-2012 swim year, and have an annual membership. Seasonal memberships are not allowed in *ZONES* competition.
2. Age qualification for *ZONES* is the swimmers age on the first day of the *ZONES* meet, March 29th, 2012.
3. Swimmers attending *ZONES* are eligible for MSI transportation subsidy provided that they have swum in two (2) USA-S sanctioned swim meets; one of which must be a MSI swim meet, held prior to Winter Championships within the qualifying period.
4. Any swimmer transferring to MSI must be registered member of MSI for the preceding period of 120 days to be eligible to compete in the *ZONES* meet.
5. Swimmers are only allowed to swim six individual events at *ZONES*. During the MSI Winter champs, if a swimmer qualifies for *ZONES* in more than six events, they must drop event(s) immediately upon exceeding the 6 event limit. In order to allow other qualifying swimmers onto the Maine *ZONES* Swim Team, we ask the swimmer or their coach to define what events will be dropped. If this does not happen, the Age Group Vice Chair and *ZONES* Team Head Coach will make that decision.

How does the selection process work?

1. At Winter Champs, there will be a *ZONES* table where we will keep track of swimmer results and qualifications for being part of the Maine *ZONES* Swim team.
2. Names will either be announced or written on a board at the *ZONES* Table.
3. Please be mindful that we will need to know your intention to decline participation as soon as possible, so that other swimmers who may qualify can move up in rank. I appreciate your attention to this very important detail.
4. Swimmers and Parents.... Please come to the *ZONES* table as soon as possible!
 - a) Swimmers will need to be fitted for *ZONES* apparel. Doing this early helps us tremendously.
 - b) All paperwork must be completed by the end of Sunday night.
 - c) **Payment for the *ZONES* trip.** This has always been done AT STATES...but for 2012, I would like to do this differently and ask that you pay in full at the TEAM PRACTICE on Sunday March 25th. There are no EBT/credit card transactions available. Cash or checks only. If you or your swimmer will NOT BE AT THIS PRACTICE, than paying in advance at States is required. Thanks.

Maine *ZONES* Swim Team Practice

There will a Maine *ZONES* Swim Team practice on March 25th Sunday from 10:30 am to 1:00 pm. All athletes, parents and chaperones are strongly encouraged to attend. This practice sets the stage for the expectations of travelling with the Maine *ZONES* Swim Team, and sets ground rules for behavior and conduct. It's also where Parents will be discussing trip details, chaperone responsibilities, and completing any unfinished paperwork and **PAYING for the trip.**

This practice is the beginning of the friendships that come with being part of the Maine *ZONES* team. Up until this point, athletes have been competing against each other, and this may likely be their first opportunity to work with coaches from other MSI swim teams, and together as a unified MAINE team.

The practice will be here:

Wiscasset Community Center

242 Gardiner Road Wiscasset, ME 04578

(207) 882-8230

<http://www.wiscassetrec.com/>

Chaperones for the 11 and Over swimmers:

1. 4-6 parent volunteers are needed to act as Chaperones for the *ZONES* trip. Please see Judy Milliken at the *ZONES* table at the Winter Champs. Your help is very much appreciated!
2. Chaperone ***responsibilities*** include:
 - Supervise and support all swimmers on the Maine *ZONES* Swim Team; show respect for swimmers, coaches, and meet officials; demonstrate good sportsmanship and team spirit.
 - Attend any team practices and organizational meetings necessary during the trip.
 - Actively participate in meet and hotel child supervision. Duties include the around-the-clock supervision of your assigned athletes, enforcement of curfews, enforcement of team trip rules, enforcement of safety rules.
 - Attend all team activities, meals, pool sessions and meetings.
 - Assist the coaches as requested.
 - Fulfill *ZONES* timing responsibilities. (2 Timers needed for each preliminary session in the morning)
 - Supervise and coordinate arrival, departure and meal times with the Coaches/Team Manager
3. Chaperones must register with USA Swimming (\$53.00), submit to a level 1 BACKGROUND CHECK (\$19.00), and must also complete the USA Athlete Protection Online Training. Details on how to complete these important steps will be provided at the Winter Champs meet.

4. Chaperones must pay for their room and board. Transportation cost will be provided, as you will be riding with your athletes on the bus to and from the venue.
5. Chaperones will need to complete required paperwork (Registration and Code of Conduct) and pay in full by March 25th at the Team Practice.

Parent/Chaperones for the 10 and Under swimmers:

1. Each 10 and Under swimmer must be accompanied on the trip by a Parent or Family Chaperone. Reason being, 10 and Under swimmers will be travelling to the pool as a group for the afternoon session only, while the 11 and Over swimmers (and their chaperones) will be travelling to and from the pool for morning prelims. and evening finals. In years past, when the 10 and Under swimmers went with the 11 and Over swimmers...they were at the pool for a very long day.
2. 10 and Under Parent/Chaperone responsibilities are the same as above.
3. One 10 and Under Parent/Chaperone will be designated to act as 10U Assistant Team Manager. **Please contact Judy Milliken prior to States or at the ZONES table if this might be something that interests you.
4. The 10U Assistant Team Manager works as a liaison to the Team Manager, assuring that the 10 and Under Team is coordinated in travel, food, and activities.
5. Fulfill ZONES timing responsibilities. (2 Timers needed for each session)
6. Parent/Chaperone hotel room cost is built in to the 10 and Under package cost. Transportation cost will be provided as you will be riding with your athletes on the bus to and from NY.
7. Parent/Chaperone will need to complete a Code of Conduct form.
8. Parent/Chaperone may choose to purchase meals with the team. **Details below**

Transportation Details:

1. The Maine ZONES Swim Team has contracted 2 56 passenger Coach Buses for travel.
2. Athletes attending ZONES are eligible for MSI transportation subsidy provided that they have swum in two (2) USA-S sanctioned swim meets; one of which must be an MSI swim meet, held prior to Winter Championships within the qualifying period. The subsidy amount is based on bus contract cost and how many swimmers attend the meet.
3. Swimmers ages 11 and Over, and volunteer chaperones must travel on the bus with the team to the ZONES meet and to and from the pool.
4. Swimmers, age 10 and Under may ride on the bus to and from the Zone Meet with their Parent/Chaperone, but families may also provide their own transportation. Once at the meet venue, a bus will be provided for transportation to and from the pool. The 10U Assistant Team manager is responsible for assuring that all 10 and Under families understand when the bus is leaving/returning and coordinate attendance.
5. Swimmers may be released between sessions while at the ZONES meet. Please be sure to complete the proper MSI release form.
6. Swimmers may ride home with parents after the completion the ZONES meet. Please be sure to complete the proper MSI release form.
7. See section below on **Itinerary** for departure times and details.

Hotel Details:

1. We will be staying at the Hampton Inn, 878 Hard Road, Webster NY, 14580 (585)671-2050
www.hamptoninn.com
2. 11 and Over athletes will be sharing a room with 2-3 swimmers.
3. 10 and Under athletes will be in a room with their Parent/Chaperone.
4. You can find information about the hotel via the link above. The Eastern Zone website also has hotel information for families that wish to travel and stay in the area.
5. You can also find information on Webster NY here: <http://www.websterchamber.com/>

Food Details:

Water and Snacks: Will be available on deck for all sessions and at the hotel.

Breakfast: A free continental breakfast will be available for all athletes and guests of the hotel. Last year, they did a wonderful job of providing a variety of healthy options.

Meals included in the package cost are on: Wednesday night upon arrival to the hotel, Thursday, Friday and Saturday.

11 and Over

LUNCH: after returning from the preliminary session a buffet lunch will be available in the hotel banquet room, after which athletes should rest/study in their rooms. (12:30- 2:30)

SNACKS: will be available prior to the team meeting and departure for evening finals. (2:30-3:00)

DINNER: after returning from the finals, a buffet dinner will be available in the hotel banquet room. (8:00pm)

10 and Under

SNACKS: will be available prior to departure to afternoon session. (11:00 – 12:00)

DINNER: a buffet dinner will be available in the hotel banquet room (5:30)

**Saturday night dinner will be at 8pm with entire team.

**Parents may opt to eat meals with the team for additional \$15.00 per meal. Please connect with Judy Milliken at the ZONES table.

Food while traveling to and from Webster NY

The busses will make scheduled stops for meals. All athletes should bring their own money to purchase lunch/snacks on Wednesday and Sunday while traveling to and from the meet.

Itinerary:

The dates for the competition are Thursday March 29th through Saturday March 31st. The Maine ZONES Swim Team will leave from Maine by chartered bus early Wednesday morning March 28th, returning to Maine at approximately 6:00pm on Sunday 1st. (The bus will stop in Kittery to allow swimmers to call home with a more accurate arrival time.)

	Arrives	Leaves	FROM
Lewiston			<i>THIS MAY NOT BE OFFERED...stay tuned.</i>
Portland/Westbrook	5:45 am	6:30am	Howard Johnsons Hotel- TP exit 48
Kennebunk	7:00 am	7:15am	Kennebunk Turnpike Rest Area
Webster NY	4:45pm		

For those Swimmers and/or Chaperones from northern Maine that may want to...you can spend Tuesday night March 27th in Westbrook at Howard Johnsons off Exit 48 of the Turnpike, at your own expense. This \$50.00 room (53.50 with tax) is an **additional cost** to the ZONES package price. **Parents will need to call #207-774-5861 and speak with anyone in reservations to book the room by TUESDAY MARCH 20th.** Parents are encouraged to stay with their child overnight, however if you are unable to and need special arrangements for your child please speak with Judy Milliken at the Zones table.

Also, if parents, chaperones or coaches are planning to leave their vehicle in the parking lot while we are away, you will need to leave your vehicle information at the front desk and park in the back lot.

Package Details and Cost:

- Swimmers are responsible for paying for hotel room, food, apparel and a portion of the transportation costs.
- 11+ Chaperones are responsible for paying for ½ hotel room, and food. (transportation and 1 t-shirt provided.)
- Final package prices for 10 and Under, 11 and Over, and Chaperones will be posted at Winter Champs. It is my hope that the package costs will be similar as years past, despite a lower budget than last year.
- Parents may purchase t-shirts! Samples will be at Winter Champs.
- If there is extra room on the charter busses, family members wanting a ride may do so. Fee and availability will be determined once we know how many swimmers are going to the meet.

Required Forms (to be posted on the MSI website and available at the ZONES table at Winter Champs)

1. Athlete Registration Form
2. Athlete Medical Waiver Form
3. Chaperone/10 U Parent Registration Form
4. Code of Conduct Form (signed by Athlete, Chaperone, 10U Parent, Coach and Team Manager)
5. Release Form (if applicable)

Session Release

Only necessary to complete if you as a Parent or someone you assign will be assuming responsibility for your child between swim sessions and provides for his/her return at the necessary times.

****Chaperones will be made aware of when these circumstances apply. ****

Return Home Release Form

Only necessary to complete if you as a Parent or someone you assign will be assuming responsibility for your child after the ZONES competition ends and he/she will not be traveling home to Maine on the bus.

CODE OF CONDUCT

Parents, please review these Trip/Meet Guidelines with your swimmer. It is extremely helpful to all coaching staff and chaperones if you set the stage with these expectations. We completely trust your beautiful children, but a little finesse from the parental front is always key. Swimmers will be required to sign a separate Code of Conduct.

Apparel:

1. All swimmers and coaches wear the provided team apparel on bus trips and at the meet. No personal team wear can be worn.
2. Clothing should not be unattended in the locker rooms or at the block.... Maine items disappear quickly
3. Caps and t-shirts are a good item to trade. Of note ** there is a time on Sunday for both age groups to trade items...please do not trade before then **

Behavior:

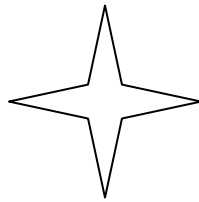
4. Please be courteous and polite at all times, representing Maine proudly **no swearing, unkind sportsmanship, harassment, inappropriate behavior of any kind** This could be grounds for removal from the meet.
5. Quiet time is for rest, studying, sleeping, and reading. Please stay in your assigned rooms during quiet time
6. Follow all curfew rules
7. Please make sure your chaperone knows where you are going to be, when you finish your meals and/or if you leave your room
8. Be present at all team meetings unless there is a swim session conflict
9. No swimmer is allowed outside the hotel without a chaperone
10. Swimmers may not leave with anyone unless their parents have given MSI a session release form and let Judy Milliken and the appropriate chaperone know before leaving with relatives, parents, etc.
11. No using dye, or writing on your body with markers

Hotel Rules:

12. No running down hallways or up and down stairs
13. All phones will be turned off in all 11 and Over rooms except coach, chaperone and team manager rooms
14. Please limit the use of personal cell phones to family/emergency use only, and no calling other swimmers from your room
15. No renting movies
16. Respect hotel property- no taking beds apart or moving furniture in the room. Please keep your areas neat
17. No roaming, loitering around halls. Please stay in your correct rooms. ABSOLUTELY NO BOYS IN GIRLS ROOMS AND NO GIRLS IN BOYS ROOMS!!!
18. Swimmers may not use the hotel pool, hot tub, sauna, etc
19. Know where your exits are in case of a fire/emergency

Nutrition:

20. Please be sure to drink plenty of water!! Water will be provided on deck and at the hotel
21. NO JUNK FOOD. Please only healthy foods. Refrain from soda, candy, chips, etc. Healthy snacks will be available on deck and at the hotel.



My name is Judy Milliken. I am a swim momma ~ Ben (12) and Grace (7) swim for the Wiscasset Unsinkables. I am the charge nurse at Colby College's Health Services, have been in nursing for 20+ years and served many years as an ER nurse. 2012 Zones will be my 4th Zones trip and my second year acting as Zones Chair. One of the most important reasons why I volunteered to be Zones Chair is because of the life long swimming friendships that our family has gained as a result of being part of this incredible opportunity, and my desire to see this trip continue to be supported and revered as an honor to each athlete that makes the team.

Should anyone wish to chat with me before Winter Champs, please feel free to contact me via email through the Zones web page judy.milliken@gmail.com or call my cell 207-380-2598. I look forward to it!!

Judy

