

EASTERN ZONE ALL STAR TEAM

Short Course

I. Athletes

The short course Eastern Zone All-Star meet is the premier age group meet of the season. Outstanding swimmers from all over the East coast, representing 12 different LSCs, compete for top honors. It is a great privilege to be selected to represent Middle Atlantic (MA) at this meet.

1. Meet regulations

- a. Each LSC may enter two swimmers in each individual event.
- b. Each LSC may enter one relay in each relay event.
- c. A swimmer may swim a maximum of 3 individual events per day, and a maximum of 6 individual events for the meet.
- d. Swimmers who have competed in an individual event at Senior Nationals (i.e., USA Swimming National Championships) are NOT eligible for the Zone team.
 - o Any swimmer 13 or older who has achieved a Senior National time in an individual event (but has not competed in any individual event at Senior Nationals) may be on the Team but may not swim that event at the Zone Meet.
 - o Any swimmer 12 or younger who has achieved a Senior National time in an individual event (but has not competed in any individual event at Senior Nationals) may be on the Team and may swim that event at the Zone Meet.
- e. Relays will consist of Zone Team members who have qualified in individual events.

2. Athlete eligibility

- a. The qualifying period is September 1 of the previous year through the end of the Middle Atlantic Spring SC Junior Olympics (JOs).
- b. Swimmers be currently registered with Middle Atlantic/ USA Swimming and be free of debt, claims or sanctions by MA.
- c. Swimmers must have participated in five (5) MA sanctioned meets in the two years preceding JOs. Swimmers having only one year of registration in MA (i.e., beginning no earlier than September 1 of the previous year) must have participated in three (3) MA sanctioned meets during that period.
- d. Athletes must submit a Zone Team application, including the \$5 fee, to the MA office by the stated deadline. Applications are available on the MA website (www.maswim.org) and at most A-level meets throughout the short course season. There will be no exceptions to this requirement.

- e. Athletes who have competed in an individual event at Senior Nationals are not eligible for the Zone All-Star team (See 1 d. above).

3. Zone team database

- a. The following meets will automatically be entered into the Zone database of top times for selection of the All-Star Zone team:
 - 1. December Holiday meets (e.g., Trident, Pitt, Eastern Express, Buffalo, Potomac Valley)
 - 2. Middle Atlantic Elite Meet
 - 3. Middle Atlantic MIDS
 - 4. Middle Atlantic Junior Olympics
- b. Times from YMCA Championship meets, High School District, and High School State Championship meets will be accepted for consideration ONLY if there is an Observed Meet Application on file at the MA office and a copy of the official meet results signed by one of the observing officials is sent to the MA Office no later than the Tuesday preceding Junior Olympics (or faxed to the MA Office by the conclusion of the JO Meet).
- c. Consideration will be given to times attained in sanctioned meets other than those listed in section 3 (a) ONLY if the times are submitted to the Zone Team database manager by the Tuesday preceding Junior Olympics along with a copy of the official results of the meet .
- d. Times attained in a Time Trial at the MA Junior Olympics will NOT be considered during the selection process.

4. Selection of athletes

- a. Swimmers will be selected from the group of athletes that meet all of the requirements in section 2 above.
- b. The swimmers with the two fastest times in each individual event will be selected for the Team, except that in the event of a tie for the second fastest time (or a 3-way or greater tie for the fastest time), the selection will be made by the MA Zone Team Committee.
- c. If a swimmer qualifies for more than six (6) individual events, selection of the events for that swimmer will be at the sole discretion of the Zone Team Coaches, with review and approval by the Zone Team Committee. Third or lower ranked swimmers may be chosen for the Team when appropriate.
- d. The Zone Team coaching staff and Zone Team Committee will meet and make the final Team selection following the JO meet.
- e. The Zone Team coaches will notify each swimmer of his/her selection for the Zone All-Star team. Information regarding preparations for the trip will be given out at this time.

5. General Information

- a. A meeting of the Zone All-Star Team members will be held at a facility within Middle Atlantic on the weekend before the Eastern Zone Championship meet. **ATTENDANCE IS MANDATORY** for selected swimmers and/or a parent/guardian. All fees must be paid at this time and each swimmer is responsible to pick up his/her equipment.
- b. Zone team equipment is available only to those swimmers who qualify for and attend the Eastern Zone Championship meet.
- c. Swimmers 11 and older are required to travel and attend all sessions through the end of Finals on Saturday night. At that time they may be released to a parent/guardian with written notification to the Team Manager. All swimmers are required to participate in Team meals.
- d. Swimmers 10 & under will travel to the meet, and reside with and be supervised by their parents except when on deck at the meet. Swimmers are expected to attend the Team Dinner; other meals are the responsibility of the parents.
- e. All swimmers **MUST** participate in their Individual events and Relays as designated/selected by the coaching staff. 11 & Over swimmers must attend all sessions with the Team. 10 & Under swimmers are required to be in attendance for all Individual/Relay events for which they have been selected.
- f. The Zone Team Committee shall consist of the MA General Chair, the MA Age-Group Chair and the MA Senior Coach Representative.

II. Staff

The short course All-Star team will be accompanied on the trip by a Team Manager, Head Coach, Assistant Coaches and chaperones.

1. Coaches

a. Head coach

1. Applications for the Zone Head Coach position are available on the MA website and must be submitted to the MA office by December 31 of each year. The candidate should have prior experience as a Zone coach
2. The Zone Head Coach will be selected from the qualified applicants by a committee consisting of the Middle Atlantic General Chair, Age Group Chair and Coach's Representative.
3. The responsibilities of the Zone head coach are;
 - Serve as Head Coach at both Winter (SC) and Summer (LC) Zone meets.
 - Actively encourage other coaches to apply for the Zone Team coaching staff.

- With the Age Group Chair and the Coaches Rep, select the assistant coaching staff.
- Assign each coach (self included) responsibility for one age group.
- Participate with the coaching staff and Zone Team Committee in selecting the team and team captains and inform staff of duties and expectations before and during the meet.
- Supervise staff in contacting and informing prospective team members of their selection.
- Be present throughout the entire meet.
- Conduct team meetings as needed.
- Organize distribution of certificates and pins after the meet.
- Submit summation report to the zone manager at the conclusion of the each meet.

b. Assistant coaches

1. Applications for Zone Assistant Coach positions are available on the MA website and must be submitted to the MA office by December 31 of each year. The assistant coaching staff should be a mix of veteran Zone coaches and those for whom this will be their first Zone experience.
2. The Zone assistant coaching staff will be selected in January by a committee consisting of the Middle Atlantic Age Group Chair, Coach's Representative and the current Zone Head Coach.
3. The responsibilities of the Zone coaching staff are:
 - Become familiar with the swimmers in their assigned age group before team is selected.
 - Assist the Head Coach in selecting team and team captains and informing prospective team members of their selection.
 - Be responsible for assigned age group beginning when team is selected and continuing throughout Zone Meet.
 - Coordinate responsibilities with the chaperone for your age group.
 - Be present throughout the entire meet.

2. Team Manager

Responsibilities of the All-Star team manager are:

- Work with the Zone Team Head Coach throughout the year

- Hotel accommodations: number and type rooms, rooming lists, any other facility considerations, generally booked one year in advance of meet.
- Food: arranging meals and any special needs (diabetics, allergies, religious considerations)
- Transportation: from MA to hotel at meet location, between hotel & facility, home again
- Athlete application: creating and receiving periodic applicant list updates from the office
- Entries: maintaining database of all meets for applicants in order to make rankings available at JOs. Processing entry to be sent to the host team
- Equipment bids (one year in advance), orders, distribution at pre-meet practice and meeting, reorders and distribution
- Organizing packets for swimmers, coaches, chaperones
- Arranging for facility for practice/meeting after team is selected.
- Arranging for practice at meet.
- Assigning chaperones.
- Emergencies.
- Be accessible to parents and answer questions throughout the year.
- Budget & accounting for monies received and disbursed.
- Attend Managers meeting at meet; serve on Meet jury, if selected.
- Prepare post meet report, including financials for Board of Directors

3. Chaperones

1. Parents wishing to become chaperones for the All-Star team should submit their name to the MA office in writing by the Tuesday before Junior Olympics.
2. Parents are not permitted to chaperone their own child's age group.
3. Final selection of chaperones will be made after the All-Star team has been chosen.

Long Course

I. Athletes

1. Meet regulations

- a. Each LSC may enter all swimmers who qualify in each individual event.
- b. Each LSC may enter one or more relay(s) in each relay event.
- c. A swimmer may swim a maximum of 3 individual events per day, and a maximum total of 6 events for the meet.
- d. Swimmers who have competed in an individual event at Senior Nationals are NOT eligible for the Zone team.
 - Any swimmer 13 or older who has achieved a Senior National time in an individual event (but has not competed in any individual event at Senior Nationals) may be on the Team but may not swim that event at the Zone Meet.
 - Any swimmer 12 or younger who has achieved a Senior National time in an individual event (but has not competed in an individual event at Senior Nationals) may be on the Team and may swim that event at the Zone Meet.
- e. If a swimmer is selected by MA to swim a relay on the day in which he/she has an individual event, that swimmer must participate in that relay or be fined \$50.
 - Relays will consist of Zone Team members who have qualified in individual events. Relays are chosen by the coaching staff.

2. Athlete eligibility

- a. Qualifying period is September 1 of the previous year through JOs/ Sectionals of the current LC season.
- b. Swimmers must have current registration with Middle Atlantic/USA Swimming and be free of debt, claims or sanctions by Middle Atlantic Swimming.
- c. Swimmers must have participated in five (5) MA meets in the two years preceding Summer LC JOs. Swimmers having only one year of registration in MA (i.e., beginning no earlier than September 1 of the previous year) must participate in three (3) MA meets in that period.
- d. Athletes who have competed in an individual event at Senior Nationals are not eligible for the All-Star team (See 1 d. above)

3. Meet entry

- a. Swimmers must submit their best qualifying time in an individual event, along with proof of this time (electronic meet results are preferred) to the zone team database manager for entry into the meet.

- b. Consideration times may or may not be accepted for the zone meet.
- c. Entry fees must accompany each individual event entry. Relay fees are paid by Middle Atlantic.

4. General Information

- a. Middle Atlantic does not provide lodging, transportation or meals for the summer zone meet. The zone team manager will obtain a block of rooms near the meet location. Information regarding reservations will be available to parents of swimmers who are attending the meet.
- b. Zone team equipment is available only to those swimmers who qualify for and attend the Eastern Zone Championship meet. Equipment is usually handed out at JO's and it is the responsibility of the swimmer/parent to pick-up equipment at that time.

II. Staff

The long course All-Star team will be accompanied on the trip by a team manager, head coach and assistant coaches.

1. Coaches

a. Head coach

- 1. The head coach selected in January will serve as the head coach for the Long Course All-Star meet.
- 2. The responsibilities of the Zone head coach are outlined in Section II. Short Course Zone Policy – Staff of the Middle Atlantic Policy Manual. .

b. Assistant coaches

- 1. Applications for Zone assistant coach are available on the MA website and must be submitted to the MA office by the date specified on the application.
- 2. The Zone assistant coaching staff will be selected by a committee consisting of the Middle Atlantic Age Group Chair, Coach's Representative and the current Zone Head Coach.
- 3. The responsibilities of the Zone coaching staff are outlined in Section II. Short Course Zone Policy – Staff the Middle Atlantic Policy Manual.

2. Team Manager

Responsibilities of the All-Star team manager are outlined in the Section II. Short Course Zone Policy – Staff of the Middle Atlantic Policy Manual.