

FAQ's - Frequently Asked Questions Long Course Zones Team - 2014 - Richmond, VA

Zone Team Manager: Stephanie Crofton, OfficeNJ@verizon.net Office: 732.206.0700

Head Coach: Sandra Franc (HACY) cell: 609.635.4758 (TEXT is preferable)

Coaching Staff:

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|-------------|---------------------|-------------------------|
| 10 & Unders | Ryan Carlucci (MEY) | Denise Killeen (CAT) |
| 11/12 | Sandra Franc (HACY) | Michelle Yaeggy (X-Cel) |
| 13 & Overs | Matt Garifo (MYM) | |

IMPORTANT DATES:

- Saturday, July 26 3:00pm**—All applications **MUST** be submitted to the NJSwim Office
- Monday, July 28 12:00pm**—All equipment orders must be submitted to Metro Swim Shop
- Tuesday, July 29 12:00pm**—You must Email any errors in your entries
- Thursday, July 31 7:00pm-8:30pm**—Practice at Princeton University, DeNunzio Pool
- Sunday, August 3 11:00am-12:30pm**—Practice at Rutgers University, Werblin Rec Center
- August 6-9 LC**—Zone Meet in Richmond, VA

Do the swimmers stay together as a team?

No, parents are responsible for transporting and housing their swimmer(s). Please use the directions found on the NJ Website, LC Zones page to make your reservations - all reservations need to be completed by July 15th. It is not required to stay at the NJSwim hotel.

Can the application be sent in before Junior Olympics?

YES!!! We encourage you to get your application in as early as possible for ANY events believe you may qualify for - additional events can be added and if any times change they will automatically be updated. Do not mail any applications after July 18th.

Who selects the events the swimmer can swim?

The swimmer must qualify for the events and they automatically swim. You can swim maximum of six events over the four days. If you qualify for more than 6 events please list we will enter you in the events in the order which they are listed on the application.

Do the swimmers need to be at the meet the entire 4 days?

No, they can arrive for their events and leave, unless they are in relays.

Is there mandatory equipment?

YES. Any athlete that did not attend SC Zones in 2014 must purchase: 3 T-shirts, an aquablade and 2 swim caps.

Do the swimmers need to attend practice sessions?

Yes, all the practice sessions in New Jersey must be attended. NO, to the practice held in Virginia.

What comes with the fee?

The fee covers the cost of entry fees, practice sessions and coaches.

When will equipment be distributed?

Equipment will be distributed at the Sunday practice at Rutgers. This will be the only opportunity to get your equipment.

Do we need officials and timers?

Yes, two timers each session as well as officials. Please sign up for a timing slot at the NJ Zone practice sessions.

How will I know what I am swimming?

Entries are due on Tuesday July 29th. They will be posted on the NJSwim website on late Monday or early Tuesday. PLEASE make sure you check your entries and email all corrections to officenj@verizon.net by 12:00pm on Tuesday. **DO NOT CALL THE OFFICE.** No changes can be made after this time.