

Applications must be received by the Zone Team Coordinator  
for **14/U athletes no later than March 20, 2011**  
and for **15-18 year-old athletes by March 13, 2011.**

**APPLICANTS ARE STRONGLY ENCOURAGED TO APPLY BEFORE THE DEADLINE**

**A \$500 fee will be collected at the informational meeting. NO refunds will be given once a position on the Zone team is accepted.**

**NO LATE APPLICATIONS WILL BE ACCEPTED AFTER THE APPLICABLE DATE**

Please PRINT all information neatly and clearly!

|   |                                   |                                       |   |
|---|-----------------------------------|---------------------------------------|---|
| Name  |                                   | Age as of March 31, 2011              |   |
|   |                                   | M                                     | F |
| Address   |                                   | Gender                                |   |
| Phone   | Email for all Zone Correspondence | Club                                  |   |
| Athlete's USA Swimming Registration Number  |                                   |                                       |   |
| <i>NOTE: Application will not be accepted without correct USA Swimming registration Number</i>  |                                   |                                       |   |
| Coach's Name  |                                   | Coach's Phone                         |   |
| <i>Swimmers with a Disability: Are you applying to be a member of the PVS Eastern Zone Team under provisions in the meet announcement pertaining to swimmers with a disability (see pages 5-6 of Meet Invitation)</i> |                                   |                                       |   |
| Yes   | No                                | <b>If Yes, please complete Page 5</b> |   |

Athletes must provide times to Zone Coordinator and Webmaster from Non-PVS meets that are not on PVS Zone Top 10 Lists. Event, time, name of meet and location are required. Meet must be sanctioned or swim must have been properly observed. **Deadline to submit requests to add observed swims to the database is Tuesday, March 1, 2011.**

A 13 and over athlete cannot go to the Eastern Zones if he or she has competed in an individual event or qualified for an individual event at any of the following meets: USA Swimming Juniors, USA Swimming Spring Championships (using the 18/U qualifying times), US Open, USA Swimming Nationals, or a Trials Class Meet. A 12 and under athlete may not enter this meet if he or she has participated in an individual event in any of the above meets.

Relay teams will be selected by the Zone Team coaching staff. The position in a relay and/or the strokes swum in medleys will also be determined solely by the coaching staff.

A list of applications will be posted promptly upon receipt. Please wait at least one week before inquiring about the status of any application submitted.

In submitting this application, we understand that a swimmer selected for this team will be representing PVS, and as such will follow all guidelines and codes of conduct established by Potomac Valley Swimming.

|                     |      |
|---------------------|------|
| Swimmer's Signature | Date |
| Parent's Signature  | Date |

**Mail completed application to:**

Dave Greene, 355 Martins Lane, Rockville, Maryland 20850 or fax to 240-314-8759.  
Direct your inquiries regarding team applications to Dave Greene at 240-314-8755 or [dgreene@rockvillemd.gov](mailto:dgreene@rockvillemd.gov)

For PVS Use Only

\_\_\_\_ Date Rec'd    \_\_\_\_ Payment Rec'd    \_\_\_\_ Code of Conduct Signed    \_\_\_\_ Supplemental Info Rec'd    \_\_\_\_ Ins Card Rec'd    \_\_\_\_ Apparel Order Form Rec'd

**POTOMAC VALLEY SWIMMING  
SUPPLEMENTAL REQUEST FOR INFORMATION**

| Swimmer information                      |          |              |               |  |
|--|----------|--------------|---------------|--|
| Last                                     | First    | Middle       | Date of Birth |  |
| Parent / Guardian Contact                |          |              |               |  |
| Last                                     | First    | Middle       | Telephone     |  |
|  |          |              | Home          |  |
| Address                                  |          |              | Work          |  |
|  |          |              | Other         |  |
|  |          |              | Other         |  |
| Non-Parent Emergency Contact Information |          |              |               |  |
| Name                                     |          | Relationship | Telephone     |  |
|  |          |              |               |  |
|  |          |              |               |  |
| Medical Insurance Information            |          |              |               |  |
| Medical Coverage Provider                | Policy # | Group #      | Subscriber #  |  |
|  |          |              |               |  |

Permission to dispense:

Aspirin                      Yes                      No                      Tylenol \_\_\_\_\_ Yes                      No

Please note that our child is allergic to the following:

\_\_\_\_\_

List all medications and dosages that your child takes on a daily basis:

\_\_\_\_\_

I/we acknowledge that our child will be representing PVS, and as such will follow all guidelines and codes of conduct established by Potomac Valley Swimming. We further acknowledge that if our child violates one of the rules of the code of conduct he/she has the right to ask for a hearing before any discipline action is taken.

I, the undersigned parent/guardian, hereby authorize and agree to allow the necessary medical services to be administered to my son/daughter \_\_\_\_\_, if I cannot be contacted in the event of an emergency. I further agree to be responsible for the payment of emergency services not covered by my insurance.

\_\_\_\_\_

Signature of Parent

\_\_\_\_\_

Date

# POTOMAC VALLEY SWIMMING CODE OF CONDUCT

All PVS competitive programs where athlete, coaches, or parent volunteers are sponsored by, or represents, PVS require them to accept the following Code of Conduct as a condition of participation.

I \_\_\_\_\_, as a member of PVS, understand that I represent Potomac Valley Swimming and I will do nothing to bring discredit upon PVS or myself. Therefore, I will not;

- Possess, steal, destroy, vandalize, or in any way endanger the safety or property of others.
- Possess or use illegal drugs or controlled substances, including tobacco products.
- Possess or use alcoholic beverages.

I understand that failure to comply with the above will result in immediate dismissal from the team and return home at my or my parent's expense. I further understand that additional sanctions may be imposed after a timely review by the PVS Board of Directors.

If I am participating as an athlete on a PVS team, I also promise to:

- Comply with any team rules, including nightly curfews, established by PVS, the team managers, or the coaching staff.
- Attend all team functions, including meetings, practices, meals, competitions and any other function designed by the team managers and/or coaches unless specifically excused by one of the above.
- Travel with the team unless other specific arrangements are made known and approved by the team manager or head coach.
- Compete in the events chosen by the coaching staff and attend all meet competition sessions as directed by the coaching staff.
- Comply with established uniform requirements.
- Maintain an open door when male and female athletes are in the same room.
- Abide by any additional guidelines established by the team manager or coaching staff to ensure the safety and well-being of team members.
- Act respectfully toward team members, coaches, officials, administrators, other volunteers and fellow athletes.

I understand that failure to comply with the above conditions of the Code will result in disciplinary action which may include, but is not limited to the following (listed in order of severity):

- Termination of participation in non-swimming team activities.
- Termination of participation in one or more swimming events.
- Dismissal from the team and return home at own expense
- Disqualification from future teams.
- Denial of future requests for PVS travel assistance.

I understand that I may appeal any disciplinary action in accordance with the PVS Bylaws.

|   |  |             |  |
|---|--|-------------|--|
| <b>Athlete/Coach/Parent</b><br><i>Volunteer</i> |  | <b>Date</b> |  |
| <b>Parent or Legal</b><br><b>Guardian</b>       |  | <b>Date</b> |  |
|   |  |             |  |



Potomac Valley Zone Team  
2011 Short Course Order Form

SWIMMERS NAME: \_\_\_\_\_ E-mail: \_\_\_\_\_

Below is the apparel that PVS will be providing each swimmer:

2 PVS Silver Latex Caps

**TEAM SHIRTS:**

3 PVS Short Sleeve T-Shirts: YL S M L XL (CIRCLE ONE SIZE)

**WARMUPS:**

Speedo Sonic Warm ups. (See sizing chart below. Screened apparel **cannot** be returned!)

**Adult sizes:**

JACKET (ROYAL) XXS XS S M L XL XXL (CIRCLE SIZE)

PANTS (ROYAL) XXS XS S M L XL XXL (CIRCLE SIZE)

**SUIT:**

**FEMALE**

Speedo FSII 22 24 26 28 30 32 34 36 38 (CIRCLE SIZE)

**MALE**

Speedo FSII (JAMMER) 22 24 26 28 30 32 34 36 38 (CIRCLE SIZE)

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**Optional:**

Speedo Back Pack Quantity \_\_\_\_\_ @ \$45.00 each

PVS Zone Towel Quantity \_\_\_\_\_ @ \$26.00 each

Swimmer's Last Name \_\_\_\_\_

Phone# \_\_\_\_\_

Name on Check \_\_\_\_\_ Check # \_\_\_\_\_

E-mail \_\_\_\_\_

**MAKE CHECK PAYABLE TO: PVS**

\*\* Orders must be turned into PVS by the following dates:

**15-18 Boys and Girls**

**NO LATER THAN** the last night of Finals at the PVS Junior/Senior Championships  
**Sunday, March 13<sup>th</sup> at the Scratch Table**

**14 and Under Boys and Girls**

**NO LATER THAN** the last night of Finals at the PVS 14 & Under JO Championships  
**Sunday, March 20<sup>th</sup> at the Scratch Table**

**\*\*For help in choosing the correct size for your swimmer,** we have included Speedo's size chart. Please note that all the warm-ups are in adult sizes.

The XXS will probably fit a regular 9-10 year old, XS is a 10-12 year old, etc. The pants run big. We recommend you size down one size in pants since they are not a set and you can mix - Example: S top with XS bottom.

| EQUIVALENTS                                | XXS | XS  | S   | M   | L   | XL  | XXL |
|--|-----|-----|-----|-----|-----|-----|-----|
| Chest Circumference(1" below armhole)      | 40  | 42  | 44  | 46  | 48  | 50  | 52  |
| Sleeve Length (center back to cuff finish) | 33  | 34  | 35  | 36  | 37  | 38  | 39  |
| Center Back Length (neck to bottom finish) | 24½ | 25½ | 26½ | 26½ | 27½ | 27½ | 28½ |
| Waistband Circumference                    | 22  | 24  | 26  | 28  | 30  | 32  | 34  |
| Outseam (waistband included)               | 37½ | 39  | 40½ | 42  | 43½ | 44½ | 45½ |
| Inseam                                     | 27½ | 28½ | 29½ | 30½ | 31½ | 32  | 32½ |

# Swimmers with a Disability Entry Form

## Sanction # -----

Name: \_\_\_\_\_ Club \_\_\_\_\_ LSC \_\_\_\_\_

USA Swimming #: \_\_\_\_\_ Age first day of the meet \_\_\_\_\_

Swimmer email address: \_\_\_\_\_

Swimmer Phone number: \_\_\_\_\_

Name of person completing this form: \_\_\_\_\_

E m a i l            a d d r e s s : \_\_\_\_\_

Phone #: \_\_\_\_\_

Please enter events below. Each swimmer is limited to three (3) individual events per day and a total of six (6) events in the Meet. Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session that the swimmer swims. Changing the distance may affect the day on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The Meet Referee has the final decision regarding seeding procedures.

| Event # | Event Description | Entry Time | Seed With Age Group (same age, same distance) | Seed with Different Distance (same age, different distance) | Seed with Comparable Time (younger age, distance depends on entry time) |
|---------|-------------------|------------|---|---|---|
|         |                   |            |   |   |   |
|         |                   |            |   |   |   |
|         |                   |            |   |   |   |
|         |                   |            |   |   |   |
|         |                   |            |   |   |   |
|         |                   |            |   |   |   |