

PVS 2011 LONG COURSE ZONE REGISTRATION
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REGISTRATION DEADLINE FOR 15/OVER SWIMMERS IS SUNDAY, July 17th
REGISTRATION DEADLINE FOR 14/UNDER SWIMMERS IS SUNDAY, July 24th
(Both deadlines are the close of the applicable Sunday Finals session)

Name	Age as of August 10, 2011
Address	M F
Phone	Email
	Gender
	Club
Athlete's USA Swimming Registration Number	
<i>NOTE: Registration will not be accepted without correct USA Swimming registration Number</i>	
Coach's Name	Coach's Phone
YES	NO
<i>If Yes, please complete Page 5 of this form.</i>	

*Swimmers with a Disability: Are you registering to be a member of the PVS Eastern Zone Team under provisions in the meet announcement pertaining to swimmers with a disability? **Please note:** PVS may only bring two 12 & Under swimmers and two 13-18 swimmers under this provision. In the event that PVS receives registrations in excess of these limitations, you will be contacted by the Zone Team Manager.*

SELECTION OF RELAYS: 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.

INDIVIDUAL EVENTS: Swimmers will be entered into all events for which they qualify. In the event a swimmer exceeds the maximum entry limit, he/she will be contacted by the Zone Team Manager to discuss event entries.

We have reviewed the information posted on the PVS website. In submitting this registration we understand that the above named swimmer will be representing PVS, and as such, will follow all guidelines and codes of conduct established by Potomac Valley Swimming.

We further acknowledge that we are aware that PVS will travel to and from Zones as a team this year. This means we understand we must travel to the meet with the team—leaving Tuesday morning August 7th and returning Sunday afternoon, August 12th. We will stay at the team hotel, have meals with the team, and participate in other team activities unless officially excused by the Head Coach or Team Manager.

A Request for registration fee refund must be received no later than 5PM, Monday, July 25th

Swimmer's Signature	Date
Parent's Signature	Date

In addition to completing this form, please be sure you complete and submit the Supplemental Request for Information, PVS Code of Conduct and Apparel Order Form.

Mail completed registration to: Dave Greene, 355 Martins Lane, Rockville, MD 20850 or fax to 240-314-8759
*Note: If using Fed Express, UPS, etc, sign the waiver allowing for the service to leave your application without requiring a signature. **Registration fee of \$500 must accompany application.** Direct your inquiries regarding team applications to Dave Greene at 240-314-8755 or 301-910-2416 or DGreene@rockvillemd.gov*

For PVS Use Only

_____ Date Received _____ Payment Received _____ Code of Conduct Signed _____ Supplemental Information Received _____ Apparel Order Form Received

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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.

Athlete/Coach/Parent Volunteer		Date	
Parent or Legal Guardian if under 18		Date	

PLEASE INCLUDE COPY OF BOTH FRONT AND BACK OF INSURANCE CARD

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Potomac Valley Zone Team
2011 Long Course Order Form

SWIMMERS NAME: _____ **E-mail:** _____

Participated on PVS Short Course 2011 Zone Team (April 2011) _____ Yes _____ No

**** IF YOU PARTICIPATED ON THE 2011 SC ZONE TEAM, YOU WILL NOT BE RECEIVING AN ADDITIONAL WARM-UP (see below) ****

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)

WARM-UPS:

*Speedo Sonic Warm-up (**See sizing chart below!** Screened apparel **cannot** be returned or exchanged!)

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 FS II 22 24 26 28 30 32 34 36 (CIRCLE SIZE)

MALE

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

**** Those who participated on the 2011 Short Course Zone Team will be receiving a Zip Pullover Fleece & a pair of Mesh Shorts with the PVS logo, (equivalent in monetary value) in place of the team sweats. Please circle sizes for items below.**

Optional:

Royal Blue Zip Pullover Fleece Quantity _____ @ \$45.00 each
Adult Sizes: XS S M L XL (Circle Size)

Royal Blue Mesh Shorts Quantity _____ @ \$25.00 each
Adult Sizes: XS S M L XL (Circle Size)

Speedo Large Back Pack Quantity _____ @ \$48.00 each

PVS Zone Towel Quantity _____ @ \$27.00 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, July 17, 2011 at the Scratch Table

14 and Under Boys and Girls

NO LATER THAN the last night of Finals at the PVS 14 & Under LC Championships
Sunday, July 24, 2011 at the Scratch Table

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****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.

*****Reminder – screened items cannot be returned or exchanged!**

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

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Swimmers with a Disability Entry Form

Name _____

Club _____ LSC _____

USA Swimming # _____ Age first day of the meet _____

Swimmer email address _____

Swimmer phone number _____

Name of person completing this form _____

Email address _____ Phone # _____

Please enter events below. The maximum number of events for any swimmer is six (6). Please indicate the swimmer's preference regarding seeding of their entry for each event. Please note that changing age groups may change the session & location that the swimmer swims. Changing the distance may change the date on which the swim occurs. Take these factors into consideration when selecting the seeding procedure for each event listed below. The meet staff 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)