

## 2022 PVS Age Group Zone Team Information

All meet information and updates will be posted here: <https://www.teamunify.com/team/nsdsc/page/sych-hosted-meets/2022-eastern-zone-long-course-age-group-championships>

Coaches -

Head Coach & 13/14 Girls - [Stephen Clendenin](#) (NCAP)

13-14 Boys - [Jim Crampton](#) (DCPR)

11-12 Boys - [Rich Romero](#) (HAC)

11-12 Girls - [Jared Diallo](#) (SDS)

9-10 Boys - [Kyle McDaniel](#) (NCAP)

9-10 Girls - [Julia Koczot](#) (FXFX)

Here are the important Events to Remember -

- **Monday, August 1 from 6:00 - 7:30 AM** at Connecticut BelAir pool (3901 Ferrara Dr, Silver Spring, MD 20906) we will have a Zones team practice. If you're able to come you can meet some teammates and the coaches. You can also pick up apparel there before we leave for the trip. If you are unable to make it your apparel will be brought to the meet.

- **Tuesday, August 2nd** we have a team warm-up scheduled from 3-5 PM at the pool. If you are coming up that day please be at the pool ready to swim by 3:00 PM.

- In the evening on Tuesday, we will have a **Team Dinner** outdoors at Stewart Park Large Pavillion ( @ Stewart Park - 1 James L Gibbs Dr, Ithaca, NY 14850). PVS will order Panera for all swimmers. You can view the ordering Directions attached to this email. All Orders must be placed by Friday, July 29th at NOON!

- **Go To:** <https://panerabread.boonli.com>
- **Click Create an Account:** Password is: **NCS610** Enter information and click **Submit**
- Enter your information, **Add Profile**.
- Click **I'm Done** and **Sign In**
- Click on August on the **Calendar** and go to the 2nd.
- **Place Order**

- Please review the Schedule attached and keep it for your records. Warm up times will be announced later and this will be updated.

## 2022 PVS Age Group Zone Team Information

**- Parents need to refrain from coming in the Team Area and are not allowed on deck. Swimmers need to stay in the team area at all times!**

Meet Notes:

- Relays are being put together and are subject to change at the meet. If you have any specific questions about relay possibilities and when you can leave please email me and the coach of your age group directly. We should have a rough idea of relays by the end of the day.
- All events will be pre-seeded except the 400/800/1500 freestyle and the 400 IM
- 11/12 and 13/14 age groups have prelims/finals format in morning sessions.
- 11/12 400 freestyle and 13/14 800 /1500 freestyle events will be timed final events with the top nine (9) athletes swimming in finals.
- All relays will swim in Finals. This is subject to change based on the size of the meet.
- 10 & Under athletes will swim timed final events in afternoon sessions
- [Volunteer Link](#)
- Head Coach Stephen will handle Positive Check-In.  
Positive check-in deadlines are as follows:
  - Wednesday 7:30 am: 800 freestyle
  - Thursday 7:30 am: 400 IM
  - Friday 30 minutes after start of session warmups: 400 freestyle
  - Saturday 7:30 am: 1500 freestyle