

2009

SELECTION METHOD-FGC ZONE ALL STAR TEAM

The Florida Gold Coast will select a maximum of 7 girls & 7 boys from the 11-12 and 13-14 age groups, and 10 girls & 10 boys from the 15-18 age group. These swimmers will represent the Florida Gold Coast in the Southern Zone Age Group Championships to be held in Orlando, FL, July 28th-August 2nd.

11-12 Stroke Groups	13-14 Stroke Groups	15-18 Stroke Groups
1. 50 & 100 Free	1. 50, 100 & 200 Free	1. 50, 100 & 200 Free
2. 200 & 400/500 Free	2. 400/500 & 800/1000 Free (Girls) or 1500/1650 Free (boys)	2. 400/500 & 800/1000 Free (Girls) or 1500/1650 Free (boys)
3. 50 & 100 Back	3. 100 & 200 Back	3. 100 & 200 Back
4. 50 & 100 Breast	4. 100 & 200 Breast	4. 100 & 200 Breast
5. 50 & 100 Fly	5. 100 & 200 Fly	5. 100 & 200 Fly
6. 200 IM	6. 200 & 400 IM	6. 200 & 400 IM
7. Scoring Potential	7. Scoring Potential	7. Scoring Potential
		8. Scoring Potential
	1000 Free will be for girls	9. Scoring Potential
	1650 Free will be for boys	10. Scoring Potential
		1000 Free will be for girls
		1650 Free will be for boys

The following will be the selection method for the 2009 FGC Southern Zone Team:

1. The **Power Point System** will be used to select the 2009 Zone Team.
2. Swimmers that have ever achieved a time faster than or equal to a *USA Swimming National Championships* time standard in an individual event, prior to the entry deadline are **ineligible** for participation on the team. Swimmers achieving the *USA Swimming Junior National Championship* time standards are **eligible** for the Zone Team.
3. The FGC Southern Zone Team is limited to the number of swimmers listed above.
4. Age as of July 28th, 2009 determines the age at the meet.
5. All short and long course times performed in USA Swimming sanctioned meets between September 1, 2008 and April 5th 2009 can be used for consideration. All times performed in meets outside the Florida Gold Coast must be verified with the Official Meet Results.
6. Alternates may be selected if the original Zone Team Qualifier:
 - a. Turns down his or her spot
 - b. Qualifies for the Senior Nationals at any meet through the Southern Zone deadline.
7. All swimmers who wish to be considered for selection to the FGC Southern Zone Team must:
 - a. Fill out the attached application and intent to qualify form no later than **April 30th, 2009**
 - b. Return your form along with a \$250 check to FGC Swimming by **April 30th, 2009**
8. The FGC swimmer becomes a Zone Team Applicant if:
 - a. His/her application is received by the deadline
 - b. Has the \$250 check payable to FGC Swimming
The check is refundable if the swimmer does not make the team
 - c. The application form is completely filled out with proper signatures

9. Applications received will be taken as a declaration for each swimmer that he/she will definitely be available for the trip unless achievement of a National Championship Time Standard or better makes a swimmer ineligible.
10. Selected applicants, along with alternates will be notified by May 15th, 2009
11. The cost for the 2009 trip to Orlando will be \$250 per swimmer. This fee will cover transportation, hotel accommodations, meet entry fees and team apparel. All meals will be the responsibility of the swimmer.

DEALINE: **APRIL 30TH, 2009**

TOTAL COST: **\$250**

HEAD COACH: **LISA MCLUCKIE**

MAIL FORMS TO: **LISA MCLUCKIE**
 501 SEABREEZE BLVD
 FORT LAUDERDALE, FL 33316

FAX FORMS TO: **954-468-5595**

QUESTIONS: **CELL: 954-647-5680**
 EMAIL: LMCLUCKIE@FLASWIM.COM

2009
APPLICATION FORM – FGC SOUTHERN ZONE TEAM

PLEASE PRINT

Swimmers Information

First Name: _____ Middle Initial: _____ Last Name: _____

Date of Birth: _____ M/F (please circle) Age as of July 28th, 2009: _____

Email address of Swimmer: _____

T-Shirt Size: _____ Short Size: _____ (Shirt & Shorts will be in adult sizes)

Parents Information

Parents Name: _____

Home Address: _____

City: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Email address of Parent: _____

FGC Team: _____

I, _____, hereby apply to become a member of the FGC Zone Team that will be competing in the 2009 Southern Zone Championships in Orlando, Florida, July 28th – August 2nd.

Swimmers Signature: _____ Date: _____

Parents Signature: _____ Date: _____

I have attached a check payable to Florida Gold Coast Swimming for \$250. I understand if I do not make the FGC Zone Team my check will be returned.