



(From the South Texas Swimming Policies & Procedures Manual, dated 12/1/25)

XIV. Southern Zone Championships

USAS has divided all of the LSCs into four geographical Zones. STX is assigned to the Southern Zone. When STX participates in the Zone Championships, the following procedures will apply:

1. Meet staffing
 - a. The Zone Team's Head Coach will be the STX Age Group Vice Chair or designee.
 - b. A Zone Meet Coordinator (ZMC) may be named by the Head Coach within 15 days of her/his selection whose name will appear in the minutes of the HOD should the Head Coach request assistance with the organization and logistics of the Zone trip.
 - c. The ZMC and/or the Head Coach is responsible for all arrangements for team selection, travel, meals, lodging, equipment, uniforms, chaperones, recreational opportunities, etc.
 - 1) The responsible parties may form a task committee of volunteer coaches and/or parents to assist these efforts.
 - 2) A comprehensive report as to the status of these responsibilities, including staffing, itinerary and estimated costs will be presented to the HOD.
 - d. The Zone Head Coach will select the assistant coaches.
 - 1) The coaching staff will consist of no more than six (6) assistants and the Head Coach. When a new Age Group Chair is elected by the HOD or appointed by the BOD, the outgoing Age Group Chair shall be selected as one of the six assistant coaches for the Age Group Zones team in the first year of the new Age Group Zones Chair's term. The Head Coach may choose to include fewer assistants as team size may dictate.
 - 2) Each assistant will be assigned responsibility for an age group, 11-12, 13-14 women and men. The assistant coaches are responsible

for assisting in the selection of swimmers for their particular age group, internal communication, and selection of events.

- 3) The coaches are required to travel both to and from the meet with the Zone Team and, in addition to their coaching duties, serve as chaperones.
- 4) Each coach is responsible for preparation of entries for their age group utilizing data obtained from athlete applications and results of previous competitions.
- 5) Entry times must be updated to reflect TAGS and/or Sectional performances.
- 6) All entries must be submitted to the Head Coach or designee for formal entry into the Zone Meet.

- e. One (1) volunteer chaperone will be solicited at the time of final Zone Team selection.
 - 1) Duties and responsibilities of the chaperone most likely will vary, depending on the location of the meet and will be developed jointly by the Head Coach and, if utilized, the ZMC. They will be specified in detail when the solicitation process begins.

- 2. Zone Team Selection
 - a. Each LSC may select a maximum of forty-eight (48) athletes for its team. They may select a maximum of eight (8) females and eight (8) males in each of the 11-12 and 13-14 age groups.
 - 1) In addition, each LSC may bring six (6) swimmers; three (3) boys and three (3) girls with disabilities who are 11 to 18 years of age; selected in any manner deemed appropriate and assisted by the Southern Zone Adapted Swimming Coordinator, if necessary. The top six disability athletes will be selected to compete in Zones. A swimmer's disability must satisfy the definition of a disability as outlined by USAS rules and regulations. These swimmers with disabilities are in addition to the permitted 48 swimmers and are not required to meet the time standards for their age groups/events. However, they must provide a time for each event they enter. Swimmers with disabilities may compete in finals, earn awards, and score points for their team in the same manner as the able-bodied swimmers.
 - b. Final selection will be made by the Zone Team coaching staff.
 - c. (HOD, 10/11/15) Swimmers must apply for inclusion and pay a required application fee. The fee is a flat rate per athlete, as determined by the HOD or BOD, based on the location of the Zones meet.
 - d. Applicants may use only long course times from the previous season up to the Zones meet start date. Only long course times will be considered!

- e. The best eight applicants in each age group will be selected, taking into account times achieved, demonstrated versatility, behavior, and likely contribution to the team's efforts. The Head Coach may choose to utilize a point system to aid in the selection process if deemed necessary.
- f. All applicants must be currently registered with USAS/STX. If any applicant has not represented STX in Sanctioned or Approved competition during at least the past year, they will be required to pay for the total amount of their trip if selected.
- g. In addition to completion of a Zone Team Application utilizing only long course times, swimmers must also 1) complete a medical release form, 2) have it signed by a parent or guardian and 3) notarized (when required), and 4) sign the Code of Conduct.
- h. A roster of the STX Zone Team will be posted on the STX website at the earliest possible time following the application deadline and completion of the selection process.
- i. The application fee is fully refundable for any swimmer not selected.
- j. Application fees from swimmers who are selected and later elect, for any reason, not to participate will not be refunded.

3. Zones Team Uniform

- a. The Zones Team Uniform will be established by the Age Group Vice Chair for the athletes and coaches. At a maximum, the athletes will be outfitted with no more than one shirt per each day of full competition; a backpack, a swimsuit, a towel, and swim caps. At a maximum, the coaching staff will be outfitted with no more than one collared shirt or t-shirt for each full day of competition.
- b. Athletes and coaches are expected to wear the designated "uniform of the day" in order to present the team as a unified entity.
- c. All uniform items shall be purchased in accordance with the STX purchase policy. Competitive bids shall be obtained when the appropriate cost ceilings are expected to be exceeded. Requirements may not be separated in order to avoid the cost ceilings.
- d. Any purchases for athletes or coaches not documented in this paragraph require approval from the BOD prior to being ordered.