

2020 South Zone Jr, Sr & 13-15 Championship

FINAL Meet Announcement

March 6-8, 2020
San Antonio, Texas

Hosted by: Cygnets of San Antonio Synchronized Swim Team

Facility: Josh Davis Natatorium
12002 Jones Maltsberger Road
San Antonio, Texas 78247

Rules: The current USSS Rulebook shall govern the event

Sanctioned By: USA Synchro/ Cygnets of San Antonio

Meet Manager: Elizabeth Hetrick cygnetstreasuresatx@gmail.com

Eligibility and Events- **EVERY ROUTINE ONLY SWIMS ONCE, FINALS ONLY ALL ROUTINES**
13-15 Zone Champs:

- No qualification, any can enter (for solo, MUST be age 13-15 in 2020. For duet/team, at least one competitor MUST 13-15 in 2019. Max age is 15)
- o Figures and Final routines only. Figure group will be drawn by the zone officials chair Wednesday, March 4
- o **Final** Free Solo/Duet/Team/Combo routines
- Routines with swimmers who are not age 13-15 will swim honorary and cannot qualify for US 13-15 Championship

Junior Zone Champs

- o No qualification, any can enter (for solo, MUST be age 15-18 in 2020. For duet/team, at least one competitor MUST be 15-18 in 2020)
- o **Final** Free Solo/Duet/Team/Combo routines
- o **Final** Tech Solo/Duet/Team routines
- o Routines with swimmers who are not 15-18 (either younger than 15 or older than 18) will swim honorary and cannot qualify for US Junior Championship

Senior Zone Champs

- No qualification, any can enter (for solo, MUST be age 15 or older in 2020. For duet/team at least one competitor MUST be age 15 or older in 2020.)
- o **Final** Free Solo/Duet/Team/Combo routines
- o **Final** Tech Solo/Duet/Team routines
- o Routines with swimmers who are younger than 15 may swim honorary and cannot qualify for US Senior Championship
- o **for US Senior Nationals, you can qualify in free...and in tech....you do NOT have to compete in both**
- o Free Combination (13-15, Junior, Senior events)
No qualification, any can enter.

* Routines that will not compete at US Nationals (if qualified) will swim honorary

Entries: All entries must be computer generated. Entries and proof of USA Synchro membership must be emailed to Maggie Downey at downeymm@gmail.com AND Elizabeth Hetrick at cygnetstreasurersatx@gmail.com

BY February 1, 201 This email must include
-Entry Form (one per category)
-USA Synchro Club Roster (proof of USA Synchro membership)

Mail checks, postmarked **BY February 14, 2020** to:
CSA Synchro
14603 Huebner Rd Bldg. 3
San Antonio, Texas 78230

Send/email entries as follows:

Form A - Club Entry

Form B - Financial Summary

Form C - Officials Availability

Form D - CCP Coaches-Must be current **CCP Level 3**, Proof of USSS Membership

Unaffiliated Officials, please just send Form C.

FEES:

Entry Fee: \$10.00 per competitor per routine

Sponsor Fee: \$25.00 per competitor (inc. alternates)

Awards Surcharge: \$4.00 per competitor (inc. alternates)

Unaffiliated Judges Fund \$1.00 per competitor (inc. alternates)

Note: Any swimmer who is listed as an alternate and not swimming any other routine shall pay the sponsor/awards/Judges fees. Also any pre-swimmers requesting to swim will pay entry, sponsor and judges fees.
Senior Entries Only-Since Tech and Free Routines are separate events, an entry fee is to be paid for each!

Coaches: To be on deck, USA Synchro must show that coaches are fully certified as a **CCP Level 3 coach**. If that's not showing, BY March 4, you must provide proof of certification to Carole Mitchell before being allowed on deck. If you have a new coach who is unable to obtain level 3 by the meet, contact Carole at: carole.mitchell.1818@gmail.com ASAP.

Awards: Medals for 1-3 place will be given in each event. Ribbons will be given to 4th-12th place. Honorary and Non-Honorary routines will compete for the same awards. Special Zone Awards nomination forms attached. Please submit all nominations with your entries or email them to carole.mitchell.1818@gmail.com for processing no later than March 1.

13-15 Age Group Figures

423 Ariana 2.2
143 Rio 3.1

The figure group will be drawn on Wednesday, March 4, 2020 by Officials Chair Victoria Anderson and emailed to the South Zone listserv.

Pool Specs: Indoor 25 yard by 25 meter pool with deep 8 lanes for competition.



Pool:

Practice/lap area: Lap swimming will be available throughout the meet in the pool adjacent to Josh Davis

Seating: Bleacher seating upstairs will be available for spectators.

Deck space: Ample room for deck work, walkout, and bag storage.

Hospitality: Coaches and Officials are welcomed to the hospitality room for drinks and snacks throughout the meet.

Concessions: Concessions will be available.

Gelling: There will be a gelling station available.
We will not provide knox supplies - please bring your own.

Competitors may NOT wash their gel out at the facility.
There will be a \$100 fine assessed per swimmer for any violation during the meet

Host Hotels: Both hotels offer complimentary breakfast. The hotel block is under "South Zone". Please call 210-530-9899 or reserve through [the link](#) below no later than February 4th.

Fairfield Inn & Suites by Marriott San Antonio Airport/North Star Mall (5 miles from the pool)
88 NE Loop 410
San Antonio, Texas 78216
Room Rate \$99.00
Phone 210-530-9899

Courtyard by Marriott San Antonio Airport/North Star Mall (5 miles from the pool)
80 NE Loop 410
San Antonio, Texas 78216
Room Rate \$99.00
Phone 210-530-9899

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1566506787347&key=GRP&app=resvlink>

Airport: San Antonio International Airport

Transportation: Car rental companies are available at the airport. UBER and LYFT both operate in this area.

TENTATIVE SCHEDULE - SCHEDULE WILL CHANGE BASED ON ENTRIES

Friday March 6

7:00	Doors open/Registration/Lap Swim
7:10	Coaches meeting
7:25 – 7:45 am	13-15 figure warm up
7:50-9:35 am	13-15 figure competition
9:35-9:55 am	Jr/Sr tech solo warm up
9:55-11:15 am	Jr tech solos
11:15 – 11:30 am	Sr tech solos
11:30 – 11:55 am	Lunch Break
11:50 -12:10 pm	Jr/Sr tech duet warm up
12:10 – 1:35 pm	Jr tech duets
1:35 - 1:45 pm	Sr tech duets
1:45-3:00 pm	Jr/Sr tech run through w/music
3:00 -3:45 pm	Jr tech teams
3:45-4:00 pm	Sr tech teams
4:00 – 4:15 pm	13-15 solo warm up
4:20 - 5:45 pm	13-15 solo competition

Tech awards immediately following 13-15 solos

Saturday March 7

7:00 am	Doors Open
7:10 -7:25 am	lap swim
7:30 – 7:45 am	13-15 duet warm up
7:50 – 9:20 am	13-15 duet competition
9:20-9:35 am	Jr free solo group 1 warm up
9:35-11:05 am	Jr free solos group 1
11:05-11:20 am	Jr free solo group 2/All Sr free solo warm up

11:25 am - 12:45 pm Jr free solo group 2/All Sr free solo
12:55-2 pm Lunch/meetings
2-3 pm 13-15/Jr/Sr combo run through w/music
3-3:30 pm 13-15 combos
3:30-4:15 pm Jr combos
4:15-4:30 pm Sr combos
4:30-5:10 pm 13-15 team run through with music
5:10-6 pm 13-15 teams
Sr free solo, all combo and 13-15 awards

Sunday March 8

7:00 am Doors Open/lap swim
7:15-7:35 am Jr duet free group 1 warm up
7:35-8:55 am Jr duet free group 1
8:55-9:15 am Jr duet free group 2/Sr duet free warm up
9:15-10:30 am Jr duet free group 2/Sr duet free
10:30-11:20 am Jr/Sr free team run through w/music
11:20 am -12:30 pm Jr/Sr free team
Jr duet/team/solo awards, Sr free duet/team awards

FORM B FINANCIAL SUMMARY

TEAM NAME: _____

Team Contact: _____
Name E-Mail Address

CELL PHONE: _____

SPONSOR FEE: \$25.00 X _____ # OF ATHLETES = _____

ENTRY FEES

Solos (13-15, Junior & Sr Free) \$ 10 x _____ # of Solos = _____

Solos (Sr Tech) \$ 10 x _____ # of Solos = _____

Duets (13-15, Junior & Sr Free) \$ 20 x _____ # of Duets = _____

Duets (Sr Tech) \$ 20 x _____ # of Duets = _____

Team (13-15, Junior & Sr Free) \$ 10 x _____ # of Swimmers = _____

Team (Sr Tech) \$ 10 x _____ # of Swimmers = _____

Combo \$ 10 x _____ # of Swimmers = _____

Unaffiliated Judges Fund \$ 1.00 x _____ # of Swimmers = _____

Awards Fee \$4.00x _____ # of Swimmers = _____

Awards Fee \$4.00x _____ # of Swimmers = _____

TOTAL DUE: _____ **CHECK PAYABLE TO CSA SYNCHRO**

MAIL to: CSA Synchro
14603 Huebner Rd Bldg. 3
San Antonio, Texas 78230

Number of Coaches attending _____ (this will help us with hospitality-MUST BE CCP LEVEL 3 and have current SafeSport to be on deck/in the hospitality area)

FORM C OFFICIALS AVAILABILITY

TEAM NAME: _____

Association: _____

Name	Rating	Friday	Saturday	Sunday

If a judge is unavailable for a specific event, please list that here:

REMINDER: All coaches and judges must be registered members of USSS, have current SafeSport and current background check. If you are an unaffiliated official and not a life member of USSS, you must email proof of membership or provide it at check in.

Unaffiliated judges should email this form to Officials Chair Victoria Anderson vkanders@gmail.com and copy Carole Mitchell carole.mitchell.1818@gmail.com

FORM D CCP Coaches

CCP COACHES

Coaches must be 100% compliant with Coaches Certification to be on deck at this meet. You must be a current CCP Level 3, have current SafeSport and current background check to be on deck!

You must be a current CCP level 3 to be on deck

Please list all coaches who will attend Zone Championships and list their certified CCP level (this will be verified from the information on the USA Synchro website)

If a coach is new and won't have level 3 by the meet, please email carole.mitchell.1818@gmail.com immediately.

FORM C
SOUTH ZONE SPIRIT AWARD

Nomination must come from Head Coach
(email to carole.mitchell.1818@gmail.com by March 1)

- A. Eligibility
 - 1. 15 years or older
 - 2. Current USSS registered athlete
- B. The Award is based on the following items which are weighted equally:
 - 1. Service
 - to synchro
 - to the athlete's community
 - 2. Extra-curricular activities
 - 3. Academic achievement
 - GPA to date
 - special awards/achievements
 - special programs
 - 4. Leadership
- C. Review/selection
 - 1. **Each South Zone head coach may submit a nomination from their club.**
Nomination forms to be included in the South Zone Senior Championship information and returned with entry.
 - 2. The Zone Athlete Representative shall receive the nominations, select the review committee of three unaffiliated zone persons, and distribute the nominations to the review committee.
 - 3. The review committee will select the athlete from the nominations and submit the results to the South Zone Chair
 - 4. The award will be presented at the South Zone Senior Championship award ceremony.

Athlete nominated for the Spirit Award:

Please include information that supports your nomination of this person for the award using additional pages as needed.

FORM C
SOUTH ZONE CONTRIBUTOR'S AWARD
(email to carole.mitchell.1818@gmail.com by March 1)

Any individual, excluding athletes, who has served the South Zone in an outstanding manner, will be eligible for nomination. The person can be nominated by any member of USSS South Zone. The award will be presented at the South Zone Senior Championship award ceremony.

Person nominated for the Contributor's Award

Please include information that supports your nomination of this person for the award. Use additional pages if needed.

FORM C
SOUTH ZONE COACH'S AWARD
(email to carole.mitchell.1818@gmail.com by March 1)

Eligibility for nomination:

- A. Currently an active coach
- B. Has coached athletes eligible for Zone, National Age Group or higher
- C. Has contributed to the development of synchro by sharing information, expertise and knowledge
- D. Has respect for the rules and the code of conduct
- E. Is interested in the total personal development of athletes
- F. Has coached a minimum of five years

The person can be nominated by any member of USSS South Zone. The award will be presented at the South Zone Senior Championship award ceremony.

Person nominated for the Coach's Award:

Please include information that supports your nomination of this person for the award using additional pages as needed.