



**Frederick Summer  
Swim League**

**All Star Meet**

**Saturday July 30, 2011**

**Hosted By**

**The Mount Airy Ridge Seals**



*Ridge Seals Swim Team*

**Date:** July 15, 2011  
**To:** All FSSL Team Representatives  
**From:** Donnamarie Needle, RSST FSSL Rep  
**Re:** 2011 FSSL All Star Meet

Hello to all FSSL Swim Teams:

RSST is busy making preparations for the 2011 FSSL All Star meet on Saturday, July 30. The Seals are honored to be hosting All Stars this year! We are looking forward to having all of you and your "All Stars" join us in our community to celebrate the end of a great season.

This correspondence provides you with a preliminary outline of deadlines and procedures that must be met in order to ensure the meet runs smoothly. You may forward this e-mail as you see fit. If any Team Representative or Head Coach has any questions please direct them to the All-Star Meet Director, **Donnamarie Needle @needle.donnamarie@gmail.com**

***Please have your designated Team Representative respond to this e-mail by July 18 with an e-mail address for future correspondence.***

RSST will continue with the tradition of having a "**Parade of Athletes**" before the start of the meet. Beginning about 15 minutes prior to the start of the meet, and immediately following warm ups, we request that all athletes gather in the front parking lot of the Ridge Swim Club. Those who are in the last warm-up group should gather immediately after they complete their warm up. The pool deck will be cleared of spectators as the teams march around the right of the building, through the emergency gate and then encircle the lap pool as the meet begins with the National Anthem.

Below is a schedule of important dates; it's imperative that each team adhere to these deadlines in order for planning to go as smooth as possible.

<b>DUE DATE</b>	<b>IMPORTANT DATES</b>
<b>Friday, July 18</b>	Response to this email confirming receipt & valid email address
<b>Thursday, July 21</b>	T-Shirt pre-orders due
<b>Friday, July 22</b>	Program Ads Due (8:00 PM)
<b>Sunday, July 24</b>	Officials lists due (8:00 PM)
<b>Monday, July 25</b>	Final T-Shirt orders due (8:00 PM) <b>AND</b> Final Swim A Grams Due (8:00pm)
<b>Tuesday, July 26</b>	All-Star Meet Entries due (8:00 PM) <b>AND</b> All Star entry payments postmarked
<b>Wednesday, July 27</b>	Volunteer List Due (8:00PM)
<b>Wednesday, July 27</b>	Payments due for Program Ads, Swim a Grams, T-Shirts

### **Eligibility**

In order to be eligible to swim in the All Star meet, swimmers must have competed in two meets prior to the All Star meet, and their times must meet the FSSL All Star time requirements. Teams may submit as many swimmers as desired who meet this criteria. The fee for each event per swimmer is **\$3.00**. Each swimmer is limited to four events. There will be no relay events.

### **All-Star Entries**

All-Star entries must be submitted to **no later than 8:00 PM on Tuesday, July 26**. The meet manager entries file should be sent to RSST IT, John Grillo at [jaggrillo@gmail.com](mailto:jaggrillo@gmail.com) and Michael Kokoski at [it@swimfssl.org](mailto:it@swimfssl.org). Include with this correspondence the number of entries and payment due. **Payment must be postmarked by Wednesday, July 26** and sent to or delivered to RSST Team Representative, Donnamarie Needle before the start of the meet. **RSST c/o Donnamarie Needle, 1104 Village Gate Court, Mt. Airy Md 21771.**

In accordance with league rules, any entry submitted after this date may be accepted at the discretion of RSST. Any that are accepted after the deadline are subject to a fee of \$3.00 per event. **There will be no allowable changes after Thursday, July 28.**

### **T-Shirts**

**Each Team representative must submit an alphabetical list of his or her respective AllStars by Monday, July 25 at 8:00 PM.** The list should be sent to Amethyst Tymoch at [streamlines@tyrock.com](mailto:streamlines@tyrock.com) in an **Excel Spreadsheet format**. Please try to get this list to Amethyst as fast as possible, as we know this is a very quick turnaround. Failure to meet this deadline may result in leaving a swimmers name off the back of the shirt.

Each team representative will receive a T-shirt pre-order form in a separate correspondence, which will follow shortly. This will be used to approximate the number of shirts needed. We will also have the artwork for the shirt e-mailed at the same time.

Each team representative should collect individual orders and collect payment. After this is done each team should **submit ONE pre-order form per team to: [needle.donnamarie@gmail.com](mailto:needle.donnamarie@gmail.com) & [streamlines@tyrock.com](mailto:streamlines@tyrock.com) by Thursday, July 21.** (Please make sure you send to both addresses) This will be used to approximate number of shirts needed. **A final order form including any swimmers qualifying at Divisionals to be added to the order should be emailed to same addresses above no later than Monday, July 25 at 8:00pm.**

Check for All Star t-shirts should be made payable to: **RSST and is due by Wednesday, July 27.** Please mail payment in single check to: **RSST C/O Donnamarie Needle, 1104 Village Gate Court, Mt. Airy Md. 21771**

We will have a limited number of shirts available at the All Star meet. **Team representatives should pick up and sign for the shirts at the apparel stand at the meet. (will be located on map sent several days prior to All Stars.) *It is the team's responsibility to pick up the shirts.***

### **Program Advertisements & Swim-A-Grams**

Orders for advertisements to be placed in the meet program must be received by **Friday July 22.** (order form attached) **All ads** should be submitted to Team Representatives along with the appropriate payment. , The team representative should then send ONE group folder of all ads to **Jaimie Penrod at [biminc@comcast.net](mailto:biminc@comcast.net) & [needle.donnamarie@gmail.com](mailto:needle.donnamarie@gmail.com).**

Orders for personal messages and cheers (**swim-a-grams**) will need to be received by **Monday, July 25 at 8:00pm.** (order form also attached.) All swim-a-grams can also be sent directly to **Jaimie Penrod at [biminc@comcast.net](mailto:biminc@comcast.net) & [needle.donnamarie@gmail.com](mailto:needle.donnamarie@gmail.com).**

Payments for both Ads and swim-a-grams should be sent in ONE check payable to **RSST C/O Donnamarie Needle, 1104 Village Gate Court, Mt. Airy, MD 21771. Payment should be received by July 27** or delivered to RSST Team Representative, Donnamarie **prior to Wednesday, July 27.**

### **Team Volunteers**

A Volunteer Assignment form with the number and types of volunteers needed from each team will be emailed approximately one week prior to All Stars. Each team will be asked to submit contact information including names and e-mail for each volunteer. This volunteer list will need to be submitted to the RSST Volunteer Coordinator, **Beth Suit** at [swimmyseal@comcast.net](mailto:swimmyseal@comcast.net) by **Wednesday, July 27 at 8:00 PM**.

Each team will be responsible for clerking their swimmers to the main clerk of course. Each team is responsible to ensure that all volunteers, coaches, and other designated representatives are displaying proper credentials and lanyards. Each team must also supply their designated timer's stopwatches.

**Volunteers will check in at the Volunteer Coordinators table located directly inside the gates at the RSST Team area.** Times to check in will be announced in the email announcing warm up times, timers meetings, officials meetings, etc.

### **Stroke and Turn Officials**

Each team shall submit a list of their stroke and turn officials able to work the all-star meet. Each list must also list qualifications, such as USA Swimming or YMCA certified and number of years performing these duties. In addition any official must have also attended FSSL training given prior to the season. First priority will be given to those holding USA Swimming/YMCA Training. **Official lists should be sent to Nancy Pressly at [pressly@mac.com](mailto:pressly@mac.com)** Nancy will be lining up our Stroke and Turn Judges; she has requested that each team reply with their S&T judges by **Sunday, July 24**. Any questions regarding this should be sent to Nancy.

### **Parking**

Parking details will follow in a separate email. Please advise if you have special needs such as handicapped parking requirements.

### **Team Set Up**

Each team will have a designated set-up location within the Ridge Swim Club. A map showing each area will follow in a separate e-mail. The pool deck is off limits with the exception of Head Coaches.

### **Warm-ups/Cool Down**

Each team will have a 15-minute warm-up period in the lap pool prior to the All Star meet starting at 6:30 am. We will allocate 2 or 5 lanes per team according to number of swimmers. Assignments will be done on a random basis and will follow in a subsequent e-mail. Please note that the recreational and baby pool is off limits. Swimmers and guests should be reminded to remain out of this pool.

### **Attachments:**

Advertisement Form  
Swim-a-Gram Form