

Dear Eastern Zone LCAGC Meet Team Participants:

Congratulations on qualifying for the 2007 Eastern Zone Meet in Buffalo, NY. We will depart Monday, 8/06/07 and return Sunday, 8/13/07. The cost of the trip is \$500 + individual entry fees (\$8). Swimmers placing 1 or 2 in an event do not incur fees. This fee is based on adding an extra day to travel and the cost of fuel being passed onto us. We also plan to have the team visit Niagara Falls on Tuesday, weather permitting. You can view our tentative itinerary on [www.virginiaswimming.com](http://www.virginiaswimming.com).

Each swimmer is provided a uniform (Bag, additional \$30), transportation, lodging, breakfast, and dinner. Swimmers are responsible for lunch. The team usually lunches at a food court.

In packing for this trip, keep in mind you are at a meet where a uniform is required. Label everything and do not pack any unnecessary clothing. You are also welcome to bring a small cooler with *Gatorade* and healthy snacks. You may even want some extra money for a t-shirt or concessions at the pool. Parents of 10&Us, please be advised that they do not have finals and will have some down time during the trip. You may want to pack cards, books, small games, etc.... Lastly, I look forward to traveling with you and making this a safe and positive experience for all. Please feel free to contact me if needed prior to this trip. E-mail is the best way.

Sincerely,  
Caycee Buscaglia  
Zone Team Manager  
[bb2cp@aol.com](mailto:bb2cp@aol.com)

If needing to mail forms, please send to:  
12711 Walton Ridge Ln.  
Midlothian, VA 23114

Hotel info:  
Adams Mark Hotel  
120 Church Street  
Buffalo, NY 14202  
716-845-5100  
[www.adamsmark.com](http://www.adamsmark.com)

Parents wanting to stay at hotel need to take care of your own arrangements - no block has been reserved for you.