

July 16, 2008

Parents and Swimmers,

The following is an informational letter for the 2008 Eastern Zone Long Course Championships in Maryland. You will find additional information posted to www.virginiawimming.com. Cost will be \$500.00 for the trip this year. This includes hotel, transportation, breakfast & dinner, as well as the required team uniform. Bags are an additional \$35. This does not include lunch, which will be at a nearby Food Court. Individual entry fees for the meet (unless 1 or 2 on Zone top 10 list) are \$8 per event.

Please be aware that despite the fact we are not traveling far, food, gas and lodging have become increasingly expensive. We are staying at **The Legacy Hotel** in Rockville, Maryland at an excellent rate for the hotel and area. Please pack your child with healthy snacks and a small cooler. Refillable water bottles work best.

At this time, I anticipate that we will leave in the early afternoon on Tuesday, August 5th and return very late Saturday, August 9th. We will not stop for lunch, so plan to pack it for the bus ride or eat before leaving.

Because we are so close, I would like to know who will be traveling home with parents on Saturday night after finals ahead of time.

Also, this year there will be a new cell phone policy. **NO cell phone use at pool sites.** I would appreciate coaches and parental support on this issue.

I will be at Senior Champs and Age Group Champs and can answer any questions at that time or you can email me at bb2cp@aol.com.

I suggest that you review the forms and have them completed prior to sign ups this year. You will also need cash or **check payable to VSI**.

We look forward to defending our title as ZONE CHAMPS and I look forward to traveling as your Team Manager.

Sincerely,
Caycee Buscaglia
Virginia Swimming Zone Team Manager

Mailing address for money & forms:

12711 Walton Ridge Lane
Midlothian, VA 23114