

Dear Zone Participants:

Congratulations on qualifying for the 2009 Eastern Zone Meet at State College, PA. You will depart Tuesday, 08/11/09 and return Sunday, 08/16/09. Athletes must travel to meet as a team. The cost of this trip is \$330.00. This does not include entry fees. Entry fees are \$8 per event. Method of payment is cash or check, payable to VSI. You can view our tentative itinerary and hotel information at virginiaswimming.org.

Each swimmer is provided a uniform (bag is additional \$35), 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. All swimmers and parents please support the cell phone policy. The staff continues to see athletes using phones during inappropriate times during zone trip. Parents of 10&Unders are 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, extra \$, etc....

As always, remember, no swimmer will be released to parents until completion of finals Saturday night (10&U included).

Good Luck !

Sincerely,
Caycee Buscaglia
Zone Team Manager
bb2cp@aol.com

If needing to mail forms or checks please send to me at:

12711 Walton Ridge Lane
Midlothian, VA 23114

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