



Dear Virginia Swimming Zone Team Participant and Parent,
Congratulations on qualifying for the 2010 Eastern Zone Long Course Age Group Championship!

The Eastern Zone Meet will take place in Rockville Maryland, August 11th-14th. The total cost of the trip is \$515.00. Checks (made out to *Virginia Swimming*) and cash are the only acceptable forms of payment. Athlete registration takes place at Senior and Age Group Championships. This fee includes transportation, hotel accommodations, breakfast, dinner, and a uniform. Our travel itinerary will be posted on the VSI website, virginiawswimming.org, after the Age Group Championships meet.

When packing for the trip, please keep in mind that Virginia Swimming sponsors this meet and Virginia Swimming Zone Swim Team uniform attire is to be worn at all times outside of the hotel. In addition to the provided team uniform, a swim bag is available to purchase at an additional cost (\$35.00 each). All items need to be labeled with the athlete's name.

Healthy snacks and drinks are encouraged. The team will lunch nearby the hotel and aquatic centers on meet days except Friday. Please remember to bring money to pay for lunch and any other incidentals, meet t-shirts etc.

USA Swimming and Virginia Swimming's Code of Conduct will be strictly enforced during this trip and it is strongly encouraged that all parents and athletes read the Code of Conduct carefully. The following policies will be implemented for this trip:

Cell phone usage will be limited to day time hours. All cell phones will be secured with the Team Manager or chaperones at the conclusion of dinner each evening and will be returned to the athletes at breakfast the following day. Please plan accordingly to ensure your phone is charged and that you communicate with your parents/athlete daily.

If, in the event the Code of Conduct is violated, the appropriate consequences will be implemented:

- A verbal warning to the athlete from a Chaperone, Team Manager or Coach. This will provide the athlete an opportunity to correct the behavior independently.
- A telephone meeting with the athlete, parent and the Head Coach and or Team Manager.
- A parent or guardian of the athlete supervising their athlete for the remainder of the meet or the athlete being sent home.

This is a team travel trip, and offers an opportunity for young athletes to be independent and experience team building. During competition all athletes are required to sit and stay together and encourage their teammates. Parents and spectators are not permitted to sit/visit with the athletes.

We would however like to provide an opportunity for parents, siblings and grandparents to share in the Zone Team experience with the athletes. We would enjoy the pleasure of your company on Friday, August 10th, for a Zone Team Family Lunch. Lunch reservations can be made and paid for at team registration. The cost per person is \$20.00. More details will be posted with our itinerary.

All athletes are required to stay until the meet's conclusion on Saturday night.

Athlete pick up procedure - If you will be picking up an athlete after the finals session on Saturday evening the following procedure is to be followed:

- Please advise the team manager "prior" to Saturday that you will be taking an athlete home. Chaperones will have release forms available for you to fill out and sign.
- If someone other than the parent/guardian of an athlete will be taking an athlete home, the parent/guardian of the athlete is asked to contact the team manager for verification.
- The athletes and their luggage may be picked up at the conclusion of the meet.

This meet, like all other meets, requires meet support - also known as "volunteering". We will need parent chaperones to make this trip successful. Virginia will be required to provide officials and timers. If you are planning to attend the meet, please make every effort to support the athletes in this capacity and make yourself available to the Team Manager or Chaperones. If you plan on officiating, please contact the Meet Referee. If you would like to be considered as a meet chaperone, please advise the Team Manager. If you have questions or need additional information, please don't hesitate to e-mail the Zone Team Manager at zoneteammgr@virginiawimming.org.