



Congratulations and Welcome to the 2011 Long Course Virginia Swimming Zone Team!

Here are some helpful tips and things to know before, during and upon arrival that will help you be prepared for our upcoming trip.

Itinerary- Please check our itinerary for departure and arrival times. Our itinerary will be posted as soon as the host team has all of the entries and the timelines have been set.

Uniforms -If you purchased a towel, please wash it prior to use, the dye has a tendency to run when it gets wet. Every uniform piece needs to be labeled with the athlete's name.
The team portal is closed and to date each team member had placed their order by the deadline, Thank you! Metro Swim Shop will ship after all orders are processed. Expect the uniform to arrive by Monday, August 8th.

Departure- Please arrive 15 minutes prior to scheduled departure. Please check our itinerary for departure and arrival times. Itinerary will be posted as soon as the host team has all of the entries and the timelines have been set.

Team attire for our travel day is: tie dye t-shirt and shorts

*******Swim bags must be brought on the bus with the athletes, not stored in the bin of the bus.**

They should have their swim bags packed for practice with;

- Suit
- Goggles (caps are distributed to the athletes upon arrival)
- Towel
- Lunch money, plan on \$10-\$15/day plus snacks and drinks
- Snacks, drinks and sunscreen

Please plan accordingly for additional funds, meet shirts and field trips.

The athletes should try not to over pack for this trip. A minimum amount of clothes are needed, and they are responsible for their luggage.

Travel- There are video players on each bus, and we encourage you to bring age appropriate movies. Please ensure they have a name on them so they can be returned. Typically the athletes are grouped by age. (9-10s, 11-12s, and 13-18s) Any inappropriate movies will be secured with a chaperone and returned at the conclusion of the trip.

Upon arrival all athletes are instructed to call home and let their parents know they have arrived safely. Please make sure all cell phones are fully charged before departure.

Snacks and Drinks- Healthy snacks and drinks are encouraged, bring them along. The athletes will have the opportunity to purchase snacks and drinks daily during lunch. On Wednesday we have a long gap of time between lunch and dinner, please make sure appropriate snacks are packed.

Daily Lunch-We will be dining at Wegman's Food Court daily, all parents, siblings and grandparents are invited to join us for lunch. This will be one of the few times you will have to spend time with your children and we encourage you to join us.

Miscellaneous-Apparel trading is like an Olympic Sport at Zones. Trading is common amongst the athletes during the meet; we do however want to remind you that all trading is done at finals on Saturday night. Athletes are directed to stay within our team's specified area. They are not permitted in another team's area or in the spectators' bleachers.

We will need additional tents and coolers for the meet. We want each group to have a cooler stocked with ice and water that will remain at the pool. If you can provide ice or water please let us know. Team Virginia is required to time at during competition, if you can volunteer as a timer, please let your chaperones know during warm ups.

Competition- Please remember that parents are not permitted in the team's designated area or pool deck and athletes are not permitted in the spectator areas. Please honor these policies. The chaperones work very hard to know where the children are at all times, and are required to have a "buddy" at all times. Please take snap shots and send them to our web-master to post.

Hotel- We do provide a hospitality room for athletes to socialize in. There is some down time between sessions, and for those athletes not competing in finals in the evening we recommend that they bring board games, cards or activities to keep them entertained while their team mates get their required rest. Parents are not permitted to visit the athletes at the hotel.

Athlete Pick up- If you are planning on taking an athlete home after our team banquet on Saturday night please touch base with the chaperone before Saturday to fill out the permission slip and to allow us to plan accordingly for a timely departure.

As a final reminder, ALL ATHLETES MUST REMAIN AT THE MEET UNTIL IT IS CONCLUDED, SATURDAY NIGHT. There are no exceptions to this policy.

Arrival-Coaches are required to stay at final destinations until the last athletes are picked up. Please arrive at least 15 minutes prior to our scheduled arrival. Athletes will be instructed to call home when they are approximately one hour away from their destinations, please plan accordingly to be waiting upon arrival.

General- Fees must be paid before departure, please mail them to the Team Manager ASAP
Communication-We will be joining the world of instant communication! For the most current up to date information follow us on Twitter @Zoneswimteam