



Virginia Swimming

2011 Eastern Zone Long Course Age Group Championship

Team Itinerary

<u>Meet Dates-</u>	August 10 th -13 th 2011
<u>Location-</u>	McCoy University Natatorium Pennsylvania State University Curtin & Bigler Roads University Park, PA 16802
<u>Transportation-</u>	Platinum Tours Montpelier VA, 23192
<u>Accommodations-</u>	Toftrees Golf Resort and Conference Center One Country Club Lane State College, PA 16803 814.234.8000 www.toftrees.com (Parents are instructed to stay at a different location)
<u>Dining-</u>	Wegman's 345 Colonnade Boulevard State College, PA 16803 (814) 278-9000 Parents, siblings, grandparents are invited to join us daily for lunch
<u>Entertainment-</u>	Meyer's Dairy 2390 South Atherton Street State College, PA 16801-7613 (814) 237-1849 10 and under athletes will go out for the best ice cream in State College!

Please note: 13 and older breakfast times may change, after we receive a finalized warm up schedule, typically there are two days where we receive the late warm up.

Support Staff- Team Manager, Maureen Tolliver

Coaching Staff- Head Coach, Mark Van Deren
Tim Mousetis 10 and under girls
Steven Evans 10 and under boys
Austin Fiehler 11-12 boys
Nicole Claus 11-12 girls
Mark Van Deren 13-14 boys
Dot Collins 13-14 girls
Josh Hugar 15-18 boys
Bridget Burkot 15-18 girls

Chaperones-

9-10 Boys	13-14 Boys
Dr. Jimmy Wiley	Joe Bovee
Cassandre Wilburn	Margi Higdon
Trish Lawson	
9-10 Girls	13-14 Girls
Ellin Bollinger Tinneney	Jodi Clark
Kimberly Bray	Joany Johnson
11-12 Boys	15-18 Boys
Keith Butler	Scott Burnley
Rich Hynes	
11-12 Girls	15-18 Girls
Malissa Hadd	Ashley Stavac
Katie Hadd	Regina Davis

Departure and Destination Locations-

<u>Richmond</u>	<u>Newport News</u>	<u>Stafford (exit 143 B off I95)</u>
NOVA Aquatic Center	Patrick Henry Mall	Stafford Market Place
12207 Gayton Road	Jefferson Avenue	Garrisonville Road
Richmond Va, 23238	NEAR RUBY TUESDAY'S	Target Parking Lot

Tuesday, August 9th Travel Day- Team attire tye dye shirts and team shorts
All team members must be at location 15 minutes prior to departure

ALL Swim Bags must be packed with lunch money and practice gear, are brought on the bus with athletes. All luggage is stored in the bins of the buses! Coaches and Chaperones, please ensure this procedure is followed at all departure points.

Tuesday, August 9th

7:30am- Newport News leg departs for Stafford (1 bus)
8:30am- Richmond leg departs for Stafford (1 bus)
10:00am- Stafford leg departs for State College (3 buses)
12:30pm-1:15 Lunch Stop
3:30pm- Arrive at hotel for check in
*Chaperones need to complete room inspections before departure to warm ups
5:30pm- load buses for aquatic center
6:00pm- team warm ups,
6:00pm- team Manager meeting, Age group break out meetings
7:00pm- depart aquatic center for hotel
7:15pm- dinner at the hotel
8:00pm- team meeting, coaches' remarks
8:30pm- all athletes in rooms
9:00pm- 10 and unders lights out
9:30pm 11and 12 year olds, lights out
10:00- all others lights out, Chaperone meeting with Team Manager

Wednesday August 10th

12 and under athletes competition schedule

7:30am- wake up
8:00am- breakfast
Planned activity with chaperones in hospitality suite for 10 and unders
11 and 12 year olds are on rest in their rooms
10:15am- depart hotel for lunch
10:30am- arrive at Wegman's
11 and 12 year olds, are reminded to purchase additional food and drinks
11:15am- depart Wegman's for aquatic center
11:30am- warm ups
12:30pm- meet start
3:30- bus arrives at aquatic center for 11 and 12 year olds competing in finals so they can cool off and rest
3:30pm- 10 and unders and 11 and 12 year olds not competing in finals depart aquatic center for hotel
5:45pm- 11-12 year olds not participating in finals depart hotel to support their teammates
6:00pm- dinner for 10 and unders
*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day
Preplanned activity for the 10 and unders
8:45pm-10 and unders, in rooms
9:00pm-10 and unders, lights out

Wednesday August 10th

13 and older competition schedule

6:00am- wake up

6:15am- breakfast

6:45am- depart for aquatic center

7:00am- warm ups

8:30am- meet start

10:00am finalists and girls in the fastest heat of the 800 free depart aquatic center for lunch and depart at 11:00am for hotel

*The fastest heat of the Women's 800 free will swim at finals. All of the Men's 800 free will swim in pre-lims. Chaperones will need to create accurate bus lists and ensure adequate adult supervision for both departures.

11:30am- participants in the 800 free and athletes not competing in finals depart aquatic center for lunch and depart at 12:00pm for hotel

4:45pm- finalists depart hotel for aquatic center

5:00pm- general Warm ups

5:45pm- non finalists return to aquatic center to support teammates

6:00pm-meet start

8:00pm-depart aquatic center for hotel

8:15pm- dinner at hotel, team meeting

9:15pm-in room

10:00pm-lights out

Thursday, August 11th

12 and under athletes competition schedule

7:30am- wake up

8:00am- breakfast

Planned activity with chaperones in hospitality suite for 10 and unders

11 and 12 year olds are on rest, in their rooms

10:15am- depart hotel for lunch

10:30am- arrive at Wegman's

11 and 12 year olds, are reminded to purchase additional food and drinks

11:00am- depart Wegman's for aquatic center

11:30am- warm ups

12:30pm- meet start

4:00pm- bus arrives at aquatic center for 11 and 12 year olds competing in finals for rest

4:00pm- 10 and unders and 11 and 12 year olds not competing in finals depart aquatic center for hotel

*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day

6:00pm- dinner for 10 and unders

Preplanned activity for the 10 and unders in hospitality suite

8:45pm-10 and unders in rooms

9:00pm-10 and unders lights out

Thursday August 11th

13 and older competition schedule

6:00am- wake up
6:15am- breakfast
6:45am- depart for aquatic center
7:00am- warm ups
8:30am- meet start
11:15am- depart aquatic center for lunch
12:15pm- depart Wegman's for hotel
4:45pm- finalists depart hotel for aquatic center
5:00pm- warm ups
5:45pm- non finalists depart hotel to support their teammates
6:00pm- meet start
8:15pm depart aquatic center for hotel
8:30pm- dinner at hotel, team meeting
9:30pm in room
10:00pm- lights out

Friday August 12th

12 and under athletes competition schedule

7:30am- wake up
8:00am- breakfast
Planned activity with chaperones in hospitality suite for 10 and unders
11 and 12 year olds are on rest
10:15am- depart hotel for lunch
10:30am- arrive at Wegman's
11 and 12 year olds, are reminded to purchase additional food and drinks
11:00am- depart Wegman's for aquatic center
11:30am- warm ups
12:30pm- meet start
4:00pm- bus arrives at aquatic center for 11 and 12 year olds to rest for finals
4:00pm- 10 and unders and 11 and 12 year olds not competing in finals depart aquatic center for hotel
*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day
6:00pm- dinner for 10 and unders
7:15pm 10 and unders Trip to Meyers Dairy or preplanned activity in the hospitality suite
8:45pm- 10 and unders in rooms
9:00pm- 10 and unders lights out

Friday, August 12th

13 and older competition schedule

6:00am- wake up
6:15am- breakfast
6:45am- depart for aquatic center
7:00am- warm ups
8:30am- meet start
11:30am- depart aquatic center for lunch
12:30pm- depart Wegman's for hotel
4:00pm- depart hotel for aquatic center
4:30pm- warm ups
5:30pm-meet start
5:45pm-non finalists depart for aquatic center to support their teammates
8:00pm- depart aquatic center for hotel
8:30pm- dinner at hotel,
9:00pm in room, all bags should be packed for departure tomorrow
10:00pm- lights out

Saturday August 13th

12 and under competition schedule

7:30am- wake up
7:45am- breakfast
Pack for departure
9:30am room inspections
10:00am- load bus with luggage, athletes being picked up should load their luggage in the first luggage bin of the bus they departed from. All items needed for the bus ride home should be stored in the overhead compartments of their destination bus.
10:30am- Depart hotel for lunch
10:45am-Arrive at Wegman's for lunch
*All athletes are reminded to purchase additional food and drinks. This will be a long day at the aquatic center.

11:45am- depart Wegman's for aquatic center
12:00pm- warm ups
1:00pm-meet start
3:15pm- session ends

*This session reflects a later start due to the length of the previous session, this timeline is tentative.

Saturday August 13th

13 and older athletes competition schedule

5:30am- wake up

5:45am- breakfast,

6:15am- load buses- All bags should be brought down to breakfast to load buses with luggage, athletes being picked up should load their luggage in the first luggage bin of the bus they departed from. All items needed for the bus ride home should be stored in the overhead compartments of their destination bus. Chaperones need to complete room inspections prior to departure.

6:45am- depart for aquatic center

7:00am- warm ups

8:30am- meet start

12:30pm- depart aquatic center for lunch

1:30pm-depart Wegman's and rest on bus.

4:15pm- arrive at aquatic center

4:30pm- warm ups

5:30pm- meet start

8:45pm- team Pizza banquet and awards in the stands at the indoor pool

Any athlete being picked up will be released at this time.

9:30pm-Depart aquatic center for home

1:30am-Stafford bus scheduled to arrive

2:30am-Richmond bus scheduled to arrive

3:30am-Richmond bus scheduled to arrive

Coaches are required to stay at destination points until all athletes are picked up.

Athletes are instructed to call home an hour before scheduled arrival.

Parents are required to be waiting 15 minutes before arrival