



Congratulations and Welcome to the 2012 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 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. Metro Swim Shop will ship after all orders are processed. Expect the uniform to arrive by Monday, August 6th.

Departure- Please arrive 15 minutes prior to scheduled departure. Please check our itinerary for departure times.

Team Attire- Tuesday August 7th is: red t-shirt cheer shorts for the girls and mesh shorts for the boys. We plan on having a team picture taken, please ensure you have the proper uniform attire.

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

Their swim bags should be packed for practice with;

- Suit
- Goggles (caps are distributed to the athletes upon arrival)
- Towel
- Medications, all medications should be in their swim bag at all times.

Please plan accordingly for additional spending money, 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. Upon arrival all athletes are instructed to call home and let their parents know they have arrived safely.

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

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 instructed to have a buddy with them during this time, especially if they are trading at another team's designated bench

Please let us know... Meet Support-We will need 2 large coolers for the meet. We want to have them stocked daily with ice and water that will remain at the pool. If you can lend us a cooler, supply ice or water "please let us know". We will also need help on Saturday with our pizza banquets, if you're available to set up and clean up "please let us know". Team Virginia is required to time during

competition, if you can volunteer as a timer," please let us know" your chaperones will be available during warm ups to set a timing schedule. We would like everyone to work 30 minute shifts so no one person is behind the blocks for an entire session, your help is expected!

Poseidon Swimming is happy to offer Virginia Zone Team parents free admission for volunteering. They have a few jobs that need to be filled; you would of course be able to see your athlete compete. If you are interested please contact Malissa Ladd at gmladd@verizon.net or 804-912-7449

Competition- Athletes are required to wear shoes when they leave the pool deck. 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 your children are at all times, and the athletes are required to have a "buddy" with them at all times when not on the deck.

Hotel- We do provide a hospitality room for athletes to socialize in, do crafts and watch movies. 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, videos, 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.**

*****9-10 Girls Chaperones are requesting that each girl bring a roll of colorful Duck Tape with them for a craft activity they are planning. Wal-Mart has it for \$3.97/roll in their craft department.**

Athlete Pick up Procedure- Due to the overwhelming amount of athletes being picked up all return buses are canceled Saturday night.

**All athletes will be picked up from the Aquatic Center on Saturday
9-10 athletes will be released following their pizza awards banquet Saturday afternoon
11 and older athletes will be released after their pizza awards banquet Saturday night.**

The following procedure is to be followed:

Parents, please pick up your athletes' luggage from the hotel according to this schedule Saturday in the New River Room on the first floor of the hotel.

9-10s 9:15 am

11-12s 9:45am

13-14s 2:00pm

15-18s 2:30pm

As a final reminder, ALL 11 and older ATHLETES MUST REMAIN AT THE MEET UNTIL its CONCLUSION, SATURDAY NIGHT. For all of the chaperones who are taking care of your children, please respect this policy. If in the event an athlete does depart prior to the conclusion they will be in violation of the code of conduct and are subject to disciplinary action that could result in suspension from future Virginia Swimming Team sponsored activities and or Zone Team participation.

Communication-We have joined the world of Twitter, follow us @Zoneswimteam