



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.

Drop off- All athletes need to be at The Collegiate School Aquatic Center no later than 2:30 pm on Tuesday August 6th. 5050 Ridgedale Parkway North Chesterfield VA 23234

Bus 1, -10 and unders and 11-12 girls

Bus 2, - 11-12 and 13-14 boys

Bus 3, - 13-14, 15-18 girls and 15-18 boys

We will load luggage on to the buses upon arrival, swim bags go with the athletes into the aquatic center

Team Attire- Tuesday August 6th is: grey tshirt and shorts.

We plan on having a team picture taken, please ensure you have the proper uniform attire. The photo order flyer is posted on the Zone Team page at Virginiawimming.org.

Equipment- swim bags should be packed for practice with;

- Suit
- Goggles (caps are distributed to the athletes at the meet)
- Towel
- Lunch money, plan on \$10-\$15/day plus snacks and drinks
- 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 carrying their luggage.

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 cases 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, a timing schedule has been developed and will be available for sign ups. We would like everyone to work 45min-60 min shifts so no one person is behind the blocks for an entire session, please offer your help!

A REQUEST FROM THE HOST TEAM POSEIDON SWIMMING-

How would you like to see your son/daughter swim at the Zone meet next week and not pay the admission fee (\$35 for the 4 days or \$10/day)? You can gain free admission for any session that you volunteer at. Poseidon is looking for volunteers willing to help host the meet in a variety of capacities (concessions, Door/stair monitor, hospitality, heat sheet sales). If you are interested in volunteering at this meet, please reach out to Malissa Ladd to schedule your volunteer assignment/session. Volunteers are currently needed for each of the session (morning, mid-day and finals) so you will have plenty of opportunities to choose from.

Please note that the required timing spots that each LSC is responsible for providing throughout the meet is not included in this offer from Poseidon, those timer assignments will have to be filled by parents in attendance at the meet.

Thank you in advance for stepping up to help out in ensuring that the Eastern Zone Championship meet is a success.

Malissa Ladd can be reached via email or cell:

Malissa.ladd@rich.frb.org
[804.912.7449](tel: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 and 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.

Family Lunch- Reservations are closed. We will be dining in Salon E. Meal times will be in the team itinerary, parking is available at the City Garage at 5th St and Marshall St. the third level connects to the hotel and is \$9.00 for up to 2 hours.

Athlete Pick up Procedure-

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.

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.

General- Fees must be paid before departure.

Communication- For the most current up to date information, check the zone team page at VirginiaSwimming.org and follow us on Twitter @Zoneswimteam