

Dear Virginia Swimming Zone Team Participants:

Congratulations on qualifying for the 2009 Eastern Zone Age Group Championships Meet in Rochester, NY. We will depart Wednesday, 1 April and return Sunday, 5 April. The cost of this trip is \$395. Method of payment is cash or check, payable to VSI. You can view our tentative itinerary on [www.virginiasswimming.com](http://www.virginiasswimming.com).

Each swimmer is provided a uniform (bag is an additional \$35), transportation, lodging, breakfast and dinner. Swimmers are responsible for lunch. The team usually lunches at a food court.

In packing for this trip, keep in mind you are at a meet where a uniform is required. Label everything and do not pack any unnecessary clothing. You are also welcome to bring a small cooler with Gatorade and healthy snacks. You may even want some extra money for a t-shirt or concessions at the pool. All swimmers and parents please support the cell phone policy. The staff continues to see athletes using phones at inappropriate times during the trip. Parents of 10&U swimmers are advised that they do not have finals and will have some down time during the trip. You may want to pack cards, books, small games, etc.

Lastly, I look forward to traveling with your athlete and making this a safe and positive experience for all. Please feel free to contact me, if needed, prior to this trip. E-mail is the best way.

Sincerely,  
Caycee Buscaglia  
Zone Team Manager  
bb2cp@aol.com

If you need to mail forms or checks, please send to me at:  
12711 Walton Ridge Lane  
Midlothian, VA 23114

Hotel info:  
Rochester Plaza Hotel  
70 State Street  
Rochester, NY 14614  
585-546-3450

Parents wanting to stay at the hotel need to take care of your own arrangements - no block has been reserved for you.