

WELCOME TO ZONES!!!

Here are a few helpful things to make the trip fun and successful.

All athletes need a swim bag packed for practice to be brought on the bus. This bag should have their lunch money in it. This bag goes on the bus, not stored in the bin of the bus. Swim caps will be distributed at the pool for practice.

Please feel free to bring age appropriate movies G, PG and PG 13 only. Label them with your name.

Healthy snacks and drinks are encouraged, bring them along.

Extra money will be needed for water, drinks, food and meet souvenirs please plan accordingly.

There is a bit of down time each day, board games, cards etc. are a great way to pass the time.

10 and under athletes: FIELD TRIP on Friday afternoon-cost and details are posted on the itinerary.

Virginia Swimming uniform attire is required outside of the hotel at all times.

This is a team travel trip; there will be very limited access to your athlete if you plan on attending.

Athletes are expected to call home daily!

Everyone has had an opportunity to review the cell phone policy, please plan accordingly to charge your phones.

Team spirit, cheering, and encouragement are always appreciated!
Bring a camera, and send your photos to the webmaster at Virginia Swimming!

Apparel trading is like an Olympic Sport at Zones. Trading is common amongst the athletes at the meet; we do however prefer that all trading is done at finals on Saturday night.

If you are planning on taking an athlete home after finals on Saturday night please touch base with the chaperone and team manager before Saturday to fill out the permission slip and to allow us to plan accordingly. Luggage for 10 and unders can be picked up Sat am before we depart for the pool. 11 and older athletes will need to place their luggage in the appropriate bin on the bus.

As a final reminder, ALL ATHLETES MUST REMAIN AT THE MEET UNTIL ITS CONCLUSION, SATURDAY NIGHT. There is no exception to this policy.

Thank you for supporting our athletes.
Virginia Swimming Zone Team Manager