



Itinerary for Virginia Swimming Zone Team

2011 Short Course Eastern Zone Age Group Championship

Meet Dates- March 31 – April 2nd, 2011

Location- Webster Aquatic Center
Webster-Schroeder High School
875 Ridge Road (Rt. 404)
Webster, New York 14580

Transportation- Platinum Tours
Montpelier VA 23192

Accommodations- Rochester Plaza Hotel & Conference Center
70 State Street
Rochester, New York 14614
(585) 546-3450 Parents are asked to stay at a different location

Dining- Wegman's Eastway (for lunch daily)
1955 Empire Blvd
Webster, NY 14580
(585) 671-8290

Entertainment - Strong Children's Museum
One Manhattan Square
Rochester, NY 14607
585-263-2700
www.museumofplay.org
Admission will be \$8.50 per child, chaperones and coaches
are complimentary
The 10 and under athletes will be attending this field trip on Friday

Support Staff
Team Manager- Maureen Tolliver
Team Physician -Dr. Wiley

Coaches
Head Coach Mark VanDeren
Steven Evans 15-18 Boys
Curtis Din 15-18 Girls
Mark VanDeren 13-14 Boys
Dot Collins 13-14 Girls
Brett Stone 11-12 Boys
Tim Mouseitis 11-12 Girls
Mike McKee 9-10 Boys
Tyler Wyatt 9-10 Girls

Chaperones-

9-10 Girls	Rebecca Muzzy Nicole Cooke
9-10 Boys	Christopher Verastek Mary Hamilton
11-12 Girls	Lisa Garrity Amy MacIsaac
11-12 Boys	Rob Rule Kathryn McAllister
13-14 Girls	Jodi Clark Jamie Gaskill
13-14 Boys	Todd Flannery
15-18 Girls	Janet Dix Debbie Gibbs
15-18 Boys	Jacqui Malone

Departure and Destination Locations- Please note Fredericksburg departure/arrival point is different than in years past due to local construction in the area.

Richmond:
NOVA Aquatic Center
12207 Gayton Road
Richmond, 23238

Newport News:
Patrick Henry Mall Parking Lot
Jefferson Avenue
near Ruby Tuesday's

Fredericksburg:
Target (Route 17)
South Gateway Drive
Parking Lot

Wednesday March 30th, 2011 Travel Day- Team attire, warm ups and red t-shirt

*5:15am - Newport News leg departs for Fredericksburg (1 bus) revised

*6:15am - Richmond leg departs for Fredericksburg (1 bus) revised

*7:30am - Fredericksburg leg departs for Aquatic Center (3 buses) revised

12:00pm - Stop for lunch

4:30pm - arrive at Aquatic Center

5:00pm - Team practice

6:00pm - Team Manager and Head Coaches Meeting

6:30pm - Team departs Aquatic Center (3 buses)

6:45pm - Arrive at Hotel for check in

7:30pm - Team Dinner

8:30pm - in room 10 and unders, 9:00pm lights out

9:00pm - in room 11-12s, 9:30pm lights out

9:30pm - in room, all others, 10:00pm lights out

Thursday March 31st, 2011

11 and older athletes morning

6:30am - wake-up

7:00am - breakfast

7:30am - depart for aquatic center (2 buses)

8:10am - warm-ups

9:00am - meet start

***13/14 & 15/18 Prelims (Top heat of women's 1000 will swim at Finals; remainder will swim prelims); may need to load final swimmers NOT swimming the 1000 on bus for early lunch and those not in Finals will remain to cheer on milers timeline reflects an 11:15am start for the 1000)**

Chaperones need to create assignments for who goes with Final swimmers and who stays with milers for bus list.

10 and under athletes morning

7:30am - wake up

8:00am - breakfast

Craft or games with chaperones

11:00am - depart for lunch at Wegman's (1 bus)

12:00pm - depart for aquatic center

12:30pm - warm-ups

1:30pm - meet start

All athletes afternoon and evening

12:45pm - 11 and older athletes depart aquatic center for lunch at Wegman's (2 buses)

1:45pm - depart Wegman's for hotel

Mandatory rest for athletes returning for finals, all other athletes are invited to socialize in the hospitality room or study

3:30pm - depart hotel for aquatic center with finalists for warm-ups (1 bus)

3:45pm - pick up 10 and under athletes (1 bus)

4:00pm - finals session warm-ups

4:30pm - pick up remaining 11 and older athletes for aquatic center for finals session (1 bus)

6:00pm - dinner for 10 and unders

7:45pm - depart aquatic center for hotel

8:15pm - dinner for 11 and older athletes

8:30pm - in room, 10 and unders, 9:00pm lights out

9:00pm - in room 11-12s, 9:30pm lights out

9:30pm - in room, all others, 10:00pm lights out

Friday April 1st, 2011

11 and older athletes

6:00am - wake-up
6:15am - breakfast
7:00am - depart for aquatic center (2 buses)
7:30am - warm-ups
9:00am - meet start

10 and under athletes

7:15am - wake up
7:45am - breakfast
Craft or games with chaperones in banquet room
10:45am - depart for lunch at Wegman's (1 bus)
11:45pm - depart for aquatic center
12:15pm - warm-ups
1:20pm - meet start

All athletes afternoon and evening

12:00pm - 11 and older athletes depart aquatic center for Wegman's (2 buses)
1:00pm - 11 and older athletes depart Wegman's for hotel
Mandatory rest for athletes returning for finals, all other athletes are invited to socialize in the hospitality room or study
3:30pm - pick up 10 and under athletes (1 bus) Travel to Children's Museum (1bus)
3:30pm - depart hotel for aquatic center with finalists for warm-ups (1 bus)
4:00pm - warm-ups for finals session
4:30pm - pick up remaining 11 and older athletes for finals session (1 bus)
5:00pm - meet start
6:00pm - pick up 10 and under athletes from Children's Museum
6:45pm - dinner for 10 and unders, after dinner all bags should be packed for departure tomorrow am
7:30pm - 11 and older athletes depart aquatic center for hotel (2 buses)
8:00pm - dinner for 11 and older athletes, after dinner all bags should be packed for departure tomorrow
8:30pm - in room, 10 and unders, 9:00pm lights out
9:00pm - in room 11-12s, 9:30pm lights out
9:30pm - in room, all others, 10:00pm lights out

Saturday April 2nd

11 and older athletes morning: All 11 and older athletes have late check out. All coaches must check out of rooms and stow their luggage on the bus they are riding home on prior to prelims.

6:30am - wake-up

7:00am - breakfast

7:30am - depart for aquatic center (2 buses)

8:10am - warm-ups

9:00am - meet start

***13/14 & 15/18 Prelims (Top heat of men's milers will swim at Finals; remainder will swim prelims); may need to load Final swimmers NOT swimming the mile on bus for early lunch and those not in Finals will remain to cheer on milers)**

Preliminary timeline reflects an 11:10 am start for the mile.

Chaperones need to create assignments for who goes with Final swimmers and who stays with milers for bus list.

10 and under athletes morning

8:00am - wake up

8:30am - breakfast

Craft or games with chaperones

11:30am - depart for lunch at Wegman's (1 bus)

12:45pm - depart for aquatic center

1:15pm - warm-ups, bus returns to hotel for finals pick up

2:15pm - meet start

All Athletes remainder of the day

*12:30pm - 11 and older athletes depart aquatic center for lunch at Wegman's

Finalists and non-miler swimmers go in first bus (see above)

1:30pm - depart Wegman's for hotel mandatory rest for athletes participating in finals all others may socialize in hospitality room

3:30pm – 11 and older athletes depart hotel in the bus you are traveling home on, (3 buses)

If being picked up at the end of the meet luggage should be stored in first bin of the bus. Ensure all 10 and under luggage is stored on proper bus.

3:30pm - 10 and under athlete may attend a matinee movie before finals

4:00pm - Warm ups for finals session

5:00pm - Meet start

7:00pm - At conclusion of the meet there will be an awards banquet in the cafeteria.

8:30pm - departure from Aquatic Center to Virginia

EXPECTED ARRIVAL TIMES SUNDAY APRIL 3rd

Fredericksburg- 4:30am

Richmond - 5:30am

Newport News -6:30am

These times are approximate.

Athletes are instructed to phone home approximately 30 minutes prior to arrival.

Parents, please arrive at least 15 minutes prior to the approximate arrival time to pick up your athlete.

All coaches are required to wait at destination until all athletes have been picked up.