



## Itinerary for Virginia Swimming Zone Team

### 2012 Short Course Eastern Zone Age Group Championship

- Meet Dates- March 29 – March 31st, 2012
- Location- Webster Aquatic Center  
Webster-Schroeder High School  
875 Ridge Road (Rt. 404)  
Webster, New York 14580
- Transportation- Platinum Tours  
Montpelier VA 23192
- Accommodations- Radisson Hotel Rochester Riverside  
120 East Main Street, Rochester NY 14604  
(585) 546-6400  
<http://www.radisson.com/rochester-hotel-ny-14604/nyroches>
- 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](http://www.museumofplay.org)  
Admission will be \$9.50 per child, chaperones and coaches are complimentary  
If time permits the 10 and under athletes will attend this field trip
- Support Staff - Team Manager- Maureen Tolliver
- Coaches -
- 9-10 Boys - Tim Mousetis- SEVA
  - 9-10 Girls - Stephanie Neal- SMAC
  - 11-12 Boys - Mark Van Deren- CGBD, Head Coach
  - 11-12 Girls - Thess Escobar- ODAC
  - 13-14 Boys - Josh Graham- SEVA
  - 13-14 Girls - Dot Collins- TCAC
  - 15-18 Boys - Austin Fielher- CGBD
  - 15-18 Girls - Lauren McCorey- VACS

Chaperones-  
 9-10 Girls Wendy Barakey  
 Jackie Cusano  
 9-10 Boys Jerry Barnes  
 Pete O'Hara  
 11-12 Girls Anna Sheffield  
 Jen Paterson  
 11-12 Boys Jenee Pins  
 Lori Russo  
 13-14 Girls Kelly Noga  
 13-14 Boys Matt Fischer  
 15-18 Girls Shirley Persinger  
 15-18 Boys Gary Tapfer

**\*\*\*\*\*Departure and Destination Locations\*\*\*\*\*- NEW POINTS FOR ALL LOCATIONS**

The Charlottesville departure point has been cancelled. The size of the team does not warrant a third bus. All members originally scheduled out of Charlottesville will depart and arrive from their second choice.

Richmond:	Newport News:	Stafford:
Walmart	Walmart	Walmart
11400 W Broad St	12401 Jefferson Avenue	217 Garrisonville Rd
Glen Allen, 23060	Newport News, 23602	Stafford, 22554

Reminder- any athletes who have medications must pack their meds in their back packs.  
 Any special instructions should be with the medication/s.

**Wednesday March 28th, 2012 Travel Day- Team attire, warm ups and red t-shirt**

5:00am - Newport News leg departs for Stafford (1 bus)  
 6:15am - Richmond leg departs for Stafford (1 bus)  
 7:30am - Stafford leg departs for Aquatic Center (2 buses)  
 11:30am - Stop for lunch  
 4:30pm - Arrive at hotel for check in, luggage only, swim bags remain on bus  
 5:15pm - Depart hotel for warm ups  
 6:00pm - Team practice/Team Manager Meeting  
 6:45pm - Team departs Aquatic Center (3 buses)  
 7:15pm - Arrive at Hotel for check in  
 7:30pm - Team Dinner/ Team meeting  
 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

**These timelines are subject to change based on the actual warm up schedule and final entries.**

**Thursday March 29th, 2012**

11 and older athletes morning

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

10 and under athletes morning

7:30am - wake up  
8:00am - breakfast  
Craft or games with chaperones in hospitality room  
11:00am - depart for lunch at Wegman's  
12:00pm - depart for aquatic center  
12:30pm - warm-ups  
1:30pm - meet start

All athletes afternoon and evening

12:30pm - 11 and older athletes depart aquatic center for lunch at Wegman's  
1:30pm - 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  
3:30pm - pick up 10 and under athletes  
4:00pm - finals session warm-ups  
4:30pm - pick up remaining 11 and older athletes for aquatic center for finals session  
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 March 30th, 2012**

### **11 and older athletes morning**

6:30am – wake up  
7:00am - breakfast  
7:40am - depart for aquatic center  
8:10am - warm-ups  
9:00am - meet start

### **10 and under athletes morning**

7:15am - wake up  
7:45am - breakfast  
Craft or games with chaperones in hospitality room  
10:45am - depart for lunch at Wegman's  
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  
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  
3:15pm - pick up 10 and under athletes, Travel to Children's Museum  
3:30pm - depart hotel for aquatic center with finalists for warm-ups  
4:00pm - warm-ups for finals session  
4:30pm - pick up remaining 11 and older athletes for finals session  
5:00pm - meet start  
6:00pm - pick up 10 and under athletes from Children's Museum  
6:45pm - dinner for 10 and unders,  
7:15pm - 11 and older athletes depart aquatic center for hotel  
8:00pm - 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

**ALL LUGGAGE NEEDS TO BE PACKED BEFORE LIGHTS OUT FOR ALL TEAM MEMBERS.**

**Saturday March 31<sup>st</sup>, 2012**

**11 and older athletes morning**

6:30am – wake up

7:00am – breakfast

7:30am – load luggage on buses

7:40am - depart for aquatic center

8:10am - warm-ups

9:00am - meet start

**10 and under athletes morning**

8:00am - wake up

8:30am - breakfast

9:00am - craft or games with chaperones, pack luggage and complete room inspections

11:15am - load buses with luggage

11:30am - depart for lunch at Wegman's

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.

3:00pm - chaperones complete room inspections.

3:15pm - load buses with luggage, bus ride items,(pillows blankets etc.) on destination bus in overhead storage, luggage in bins of destination bus.

3:30pm - depart hotel for aquatic center

4:00pm - warm ups for finals session

5:00pm - meet start

7:15pm - conclusion of the meet, awards banquet in the cafeteria immediately following

8:30pm - departure from Aquatic Center to Virginia

**EXPECTED ARRIVAL TIMES SUNDAY APRIL 3rd**

Stafford-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.**