



Congratulations to our athletes with complete applications submitted who have achieved 4 or more qualifying times or finished in the top two in an individual race!

There are some things that need to be completed prior to departure.

- Final registration will take place on Sunday at Senior and Age Group Champs in the Zone room, upstairs by the spectator entrance at Senior Champs, Multi-purpose room at Age Group Champs
- Final Balances must be submitted by the conclusion of your champs meet. On-line payments are available at [virginiawimming.org](http://virginiawimming.org) under Zone Team. Cash and check are also accepted at final registration. Zone Team trip fees are non-refundable.
- Medical Release - Liability and Honor Code forms need to be completed and submitted. They are posted on line and formatted to be fillable. Please fill them out, print, and bring them with you to your championship meet or mail them to me directly. I must have them by the conclusion of your Champs meet! Due to the personal nature of the info, please do not e-mail scan them. Email me for my address.
- Zone Team apparel portal through [Metroswimshop.com](http://Metroswimshop.com) is open. The directions on how to register and log in are posted on [virginiawimming.org](http://virginiawimming.org). For those of you who don't know what sizes to order, there is a sizing chart posted on our website. All orders must be placed no later than **Monday July 28<sup>th</sup>, 10:00am.** **No Exceptions. ORDER EARLY!**

All orders will ship directly to your home and are scheduled to arrive by Monday, Aug 4<sup>th</sup>. In order to ensure that everyone receives a complete uniform, **DO NOT ORDER MORE THAN ONE OF EACH APPAREL ITEM.** Metro will only ship one of any one item. If you were a member on the team last year, we have a new warm up and you will need the 2 new t-shirts for this trip.

- Parents and family are invited to a Buffet Lunch on Friday, August 8<sup>th</sup>. The cost per person is \$18.50, payments can be made on line. The deadline to make a reservation is August 1<sup>st</sup>.
- Meet entry fees, \$8.00 per race, will be collected on **Sunday** at Senior Champs and Age Group Champs. The fee is waived for athletes that are top two attending in each event. **Cash and check only.**
- SPIRIT NIGHT- We will have our first ever spirit day on Friday, August 8<sup>th</sup>, the theme for this day will be our team colors, red, white and navy blue. Bring your best team spirit, posters and costumes. Prizes will be best spirit, best poster, best costume and best cheer!
- Chaperone applications and criteria are both posted, please let me know as soon as possible if you are interested in joining us for the trip. We would love to bring you along, this is a really fun and rewarding experience!
- Water, Water, everywhere and not to drink! If you can bring ice, water or a cooler to the meet for the athletes, let me know!
- Timers- We Need YOU, this year the Zone is requiring more timers than in the past, please sign up at your champs meet to help us fill our requirement!

Virginia Swimming Zone Team Manager