Congratulations to our athletes with complete applications submitted who have achieved 4 or more qualifying times for 2015 Eastern Zone Long Course Championship Meet!

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

* Final Zone Team registration will take place on Sunday at Senior and Age Group Champs. We will be at the top of the stairs by the spectator entrance at Senior Champs, and Multi-purpose room near concessions at Age Groups
* Final Balances must be submitted by the conclusion of our champs meets. On-line payments are now being at Virginiaswimming.org under Zone Team. Cash and check are also accepted at final registration. Zone Team trip fees are non-refundable.
* Medical Release, Liability and Indemnification 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 our championship meets or mail them to me directly. I must have them by the conclusion of Senior Champs 15-18 year olds and Age Group Champs 9-14 year olds. Due to the personal nature of the info, please do not e-mail scan them. Email me for my address, it’s also listed under Board of Directors at Virginiaswimming.org.
* Zone Team uniform portal through Metroswimshop.com is now open. The directions on how to register and log in are posted on Virginiaswimming.org. For those of you who don’t know what sizes to order, there is a sizing chart posted on our website under registration and information. All orders must be placed no later than Monday July 28th, 10:00am. No Exceptions. ORDER EARLY!

All orders will ship directly to your home and are scheduled to arrive on Monday Aug 3rd. In order to ensure that everyone receives a complete uniform, DO NOT OREDER 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, there are 3 new t-shirts for this trip, all other uniform pieces remain the same as last year.

* Parents and family are invited to a Buffet Lunch on Friday, August 8th. The cost per person is $21.50, payments can be made on line. The deadline to make a reservation is July 30th
* SPIRIT NIGHT- We will have our team spirit day on Friday August 8th, 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 awarded to best spirit, best poster, best costume and best cheer!
* Chaperone applications, information and criteria are 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 a drop 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 3 timers per session, please sign up at your champs meet to help fill our requirement! The sessions are divided into 30- 45 minute timing commitments by event.