

VIRGINIA SWIMMING OFFICIALS STARTER TRAINING

“Breakfast and a Movie”

**Saturday, October 18, 2008
8:30—11:30 AM**

**Janet Law’s house
420 Mill Stone Road
Chesapeake, VA 23322**

Please RSVP to Janet, janetlaw56@cox.net
482-5146, and copy your team and regional chairs

Please read the starter section in the USA-S rulebook and have a copy of the starter test from USA-S’s website with you. Make sure you save that test so it will be the same one when you go back.

For information on who can train for starter, please contact your regional co-chairs: Cathy Rudolph home (757)496-3622, clrtarheel@yahoo.com or Mike Willard home (757)564-4480, jefwilfam@cox.net

Directions:

Coming from 664S through the Monitor-Merrimac Tunnel, or 464S from Norfolk, or 64E from Virginia Beach/HRBT:

1. Take the “Chesapeake Expressway”, also called the Rte. 168 By-pass, SOUTH towards Nags Head/OBX/Chesapeake.
 - * This would be the last exit before the High Rise Bridge if you are coming 64E.
 - * This would be the second exit after you cross the High Rise Bridge if you are coming 664S from Newport News.
 - * 464S from Norfolk turns into the 168 By-pass, but stay in the left lanes when the road splits at the 64 overpass.
2. Take the second HANBURY ROAD (East) exit.
3. Go past Harris Teeter. Turn RIGHT at the second light onto HILLWELL ROAD.
4. Go ¼ mile and turn LEFT onto MILL STONE ROAD into Woodards Mill neighborhood.
5. 420 Mill Stone Road will be on your left at the corner with Fordsmere Road. Look for the circular drive out front or the skate ramp in the side yard.