

Parents of 10 & Under Zone Participants:

Congratulations to your 10 & Under Swimmer!

The Zone experience will be a little different for you and your child from what you have read about, since your child will travel and stay with you, except when competing at the pool. If possible, you should plan to arrive in Buffalo the day before the meet begins, so your child can attend the team practice the evening before the meet starts. At that practice, team gear will be distributed and your child will get to meet the coaches and his/her teammates for the week. The 10 & Under NE coach for the week is Chris Woolridge. He will be at the pool each morning with Tim Thompson (11/12 Zone Coach), who will also be available. Sherry Wingfield is the Head Zone Team Coach for NE and may be at the pool sometimes, as well. Please try to arrive on time for team practice and warm-up each day (8:00 am). The 11/12s will be arriving to the pool by bus with the NE coaches. 10 & Under swimmers will meet the coaches and older swimmers at the pool.

Your child may come to the pool each morning for team warm-up, even if not swimming on a particular day. It is not required, but please let the coach (Chris) know when you will not be there (coaches will need to know to plan for relays, as well). Also, please let your child know that he/she should let Chris know when leaving the meet, if leaving early. It is recommended that your child stay for the entire session to cheer on the NE team, but not required. The more your child is with the team at the meet, the better he/she will get to know the other swimmers and coaches from New England.

Only coaches, swimmers, chaperones (on the NE Zone trip with the 11/12s), and timers and officials are permitted on deck. Parents – we need you in the stands cheering for NE. If you are interested in timing, NE must provide two timers for the duration of each session (it is possible you may be asked anyway).

Other suggestions for your trip:

- Try to stay at the same hotel/place as some of the other 10 & Under swimmers, so 10 & Unders from the NE team can swim in the hotel pool together, play cards in the lobby together, or families can make a dinner plan together once or twice.
- Make plans to see Niagara Falls, which is close by – it is AWESOME!
- Have fun, but don't overdo it. Make sure your child gets adequate sleep and rest to swim well.
- After the meet, email any feedback or suggestions to Laura Matuszak (lmatuszak@smcvt.edu), so NE can continue to improve the Zone experience for all.