

Hello New England Zone Team athletes and parents,

Congratulations on qualifying for the New England Zone Team. I hope that you are preparing yourselves for an excellent meet and a terrific end to your long course season. Please review this e-mail and the attachments in detail in order to educate yourselves on the team travel plans and expectations.

1. We will be having a team meeting and a team practice on Saturday, August 2<sup>nd</sup> from 1:30-3:30 p.m. at Springfield College. Please attend the practice if you are able to do so. We will review the details of the team trip and the team code of conduct, as well as meet team members, parents, chaperones and coaches.

2. The buses will arrive at the Auburn Mall before 7:00 a.m. on Tuesday, August 5<sup>th</sup>. Directions to the Auburn Mall are attached. The bus will depart promptly at 7:00 a.m. Please be prepared and arrive early to load the bus. The 12 and Under athletes along with some chaperones and coaches (see bus list) will ride on one bus. The 13 and older athletes along with some chaperones and coaches will ride another bus.

3. The updated trip itinerary is attached. Please note that athletes will be responsible for their meal costs on the bus rides to and from MD and for leaving a gratuity at the hotel for the maid upon hotel check-out. We will stop for lunch on the way to MD and dinner on the way back from MD. On the return trip, please also note that non-finals competitors will return to the Auburn Mall on the early bus, leaving MD at around 2:00 p.m. Finals competitors will return to the Auburn Mall on the late bus, leaving MD at around 8:00 p.m.

4. A packing list is provided. Please use caution when packing your favorite electronic items. Expensive cell phones, iPods and digital cameras are not necessary items for the trip. Athletes who have difficulty using their cell phones and cameras appropriately will be asked to leave their items with the chaperones until the bus returns to Massachusetts.

5. PLEASE READ AND REVIEW the Team Code of Conduct with your athletes. Please be aware that ANY violation of the team code of conduct can result in a child being sent home at the expense of the parents. The focus on the Zone Trip is to swim one's best, show New England pride and team spirit and enjoy the experience of swimming with other top level swimmers from our area. Swimmers are expected to obey the code of conduct from the moment the buses leave the Auburn Mall until they are picked up by their parents at the end of the trip. We will read the code of conduct in its entirety at the team meeting and we expect that each swimmer will be very familiar with each and every point before the trip.

6. For all 10 and Under swimmers and their parents, the trip can be a wonderful experience. Plan for 10 & Unders to attend the morning meet sessions and team lunches, where the sessions will be highlighted and awards presented. After lunch, 10 and Unders are free for the afternoon and evening. Often, 10 and Unders enjoy playing

cards in common areas/lobby at hotel with each other, playing in hotel pool, or sight-seeing in the afternoons. 10 & Under families are encouraged to make dinner plans together and let the kids enjoy each others company.

7. A copy of the team entries are attached. Some swimmers were added into additional events according to the meet entry rules which allows each LSC to enter up to 2 swimmers in each event regardless of qualifying times. The criteria used to add swimmers into events included swimmer speed (priority for swimmers who were close to the qualifying time and/or had current times in the database), swimmer total number of events and team need.

8. Chaperones, please familiarize yourself with the team code of conduct. It will be your job to enforce the code of conduct, as well as keep track of the swimmers you are responsible for. Counting heads on a more-than- regular-basis is a main responsibility for you on the trip.

9. Swimmers on the travel trip are expected to attend all meals and find something at the buffet to eat. There will be a variety of foods to choose from and athletes must stay nourished during competition. Also, remaining hydrated will be also very important on this trip, especially with the warmer climate.

10. If you have any questions or concerns, please contact me on my cell phone at (413) 575-8559.

Sincerely,

Sherry Wingfield, *NE Zone Team Head Coach/Coordinator*