

New England Zone Team Long Course 2008

Team Itinerary and Notes

Saturday, August 2nd, 2008

- 1:30 – 3:30 p.m. Practice and meeting (and parent meeting) at Springfield College Natatorium (Alden Street, Springfield, MA). Please email if you cannot attend. Some team gear will be distributed there.

Tuesday, August 5th, 2008

- 7:00 a.m. Depart from the Auburn Mall in Auburn, MA. Arrive a bit early to load bus and depart on schedule.
- approx. 12:30 p.m. Stop for lunch en route to MD (each participant is responsible for his or her own meal costs.)
- approx. 1:00 p.m. Depart lunch and continue trip to MD. Check-in at hotel, get settled.
- approx. 5:00 p.m. Dinner at hotel.
- approx. 6:15 p.m. Depart for pool and practice at 7:00 – 8:00 p.m.
- approx. 8:15 p.m. Depart pool for hotel via D.C. to drive by the Washington Monument and White House.
- 9:30 p.m. QUIET TIME
- 10:00 p.m. LIGHTS OUT

Wednesday, Thursday, and Friday (11+)

August 6th-8th, 2008

- 6:00 a.m. Wake-up and breakfast at hotel
- 6:30 a.m. Depart for pool
- 7:00-8:30 a.m. Warm-up
- 8:30-1:00 p.m. Prelims
- 1:30 p.m. Arrive at hotel for lunch meeting, awards, etc.
- 2:00 p.m. REST TIME!
- 3:30 p.m. Meeting/snack at hotel
- 3:45 p.m. ALL 11-12, 13-14, and 15-18 swimmers return to the pool for finals (even if you are not swimming in finals). All relays for these age groups will be swum in finals
- 4:00-5:30 p.m. Finals Warm-up
- 5:30 p.m. Finals Start
- 8:00 p.m. Dinner at hotel, announcements

- 9:00 p.m. QUIET TIME
- 10:00 p.m. LIGHTS OUT

Saturday, August 9th, 2008

- **Same morning schedule as previous days**
- 2:00 p.m. FOR ALL SWIMMERS NOT RACING IN SATURDAY FINALS: Bus departs Holiday Inn for the Auburn Mall in Auburn, MA. We will make one dinner stop (each participant is responsible for his or her own meal costs.)
- 11:00 p.m. is the approximate arrive time at Auburn Mall in Auburn, MA for BUS #1.
- 8:00 p.m. FOR ALL SWIMMERS RACING IN SATURDAY FINALS: Depart Pool for Auburn Mall in Auburn, MA. We will order pizza & wings to eat on the bus or make one dinner stop (each participant is responsible for his or her own meal costs.)
- 4:00 a.m. Approximate arrival time at Auburn Mall in Auburn, MA for BUS #2.

Team Timing Assignments: TBD

Coach Sherry's Cell Phone: (413) 575-8559

(ALL items subject to change based on hotel, meet and bus planning)

Notes:

- 10 & Unders are “free” each afternoon and evening after team lunch. Remember to get adequate rest for early morning session. 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.
- All Swimmers are expected to warm-up in each morning session at which you are present, whether swimming events or not.
- All swimmers in Finals or swimming in relays at night are expected to warm-up. For those not swimming, it is optional, though all 11 and Overs must attend the evening sessions to cheer on the NE Team.
- After lunch each meet day, there is a mandatory rest time for swimmers competing in the evening. Other swimmers **MUST** be respectful of this and chose quiet, low key activities to occupy that time of day, which will be supervised.
- We have a big team this year: be prepared for fast swimming and GO NEW ENGLAND!!