

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 and eating breakfast daily (at the Atherton Hotel with the NE Zone Team 12 & Unders). If possible, you should plan to arrive in PA 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. Please try to arrive on time for team practice and warm-up each day. 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 New England coaches 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 coaches know when leaving the meet, especially 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:

- Book the Team Hotel (Atherton Hotel in State College, PA), so the team breakfast is easier and 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 do something in the area – there are lots of great sites.
- Have fun, but don't overdo it. Make sure your child gets adequate sleep and rest to swim well.