

New England Zone Team Long Course 2009

Team Itinerary and Notes

Tuesday, August 11th, 2009

- 8:00 am Depart from the Auburn Mall in Auburn, MA. Arrive a bit early to load bus and depart on schedule.
Bus 1 – 13 & Overs
Bus 2 – 12 & Unders
- approx. 12:30 pm Stop for lunch en route to PA (each person is responsible for his/her own meal cost.)
- approx. 1:00 pm Depart lunch and continue trip to PA.
- approx 4:00 pm, Check-in at Atherton Hotel, State College, PA.
- approx. 5:00 pm Dinner at hotel.
- approx. 6:20 pm Depart for pool (team practice 7-8 pm).
- approx. 8:30 pm Depart pool for hotel.
- 9:30 pm QUIET TIME
- 10:00 pm LIGHTS OUT

Wednesday, Thursday, and Friday (13 & Overs, Bus 1)

August 12th-14th, 2009

- 5:45 am Wake-up and breakfast at hotel
- 6:25 am Depart for pool
- 6:45 am Warm-up & Prelims
- 12:15 pm Depart pool & pick up lunch (sites TBD)
- 1:45 pm REST TIME!
- 3:45 pm Meeting/snack at hotel
- 4:00 pm ALL 13 & Over 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
- 4:30 pm Finals Warm-up
- 8:00 pm Depart for hotel
- 8:30 pm Dinner at hotel with announcements, awards
- 9:00 pm QUIET TIME
- 10:00 pm LIGHTS OUT

Wednesday, Thursday, and Friday (12 & Unders, Bus 2)

August 12th-14th, 2009

- 9:00 am Wake-up and breakfast at hotel with all 12 & Unders, including 10 & Unders, announcements and awards
- 10:00 am QUIET TIME
- 11:00 am Depart for pool (lunch will be delivered to pool later)
- 11:30 am Warm-up & Prelims
- pm Lunch/snack at meet
- 4:00 pm REST TIME at meet before finals – 11/12 swimmers remain at the pool for finals (even if you are not swimming in finals - all 11/12 relays will be swum in finals)
**a bus will make a trip back to the hotel with 10U families riding the bus each day and if time permits, 11/12s may return to the hotel for a short time*
- 4:30 pm Finals Warm-up
- 8:00 pm Depart for hotel
- 8:30 pm Dinner at hotel with announcements, awards
- 9:00 p.m. QUIET TIME
- 10:00 p.m. LIGHTS OUT

Saturday, August 15th, 2008

- **Same morning schedule as previous days, but need to be packed to go home with suitcases or bags clearly marked with your name (12 & Unders must clear out rooms)**
- **12 & Unders need to bring all belongings on the bus to the pool at 11:00 am.**
- **13 & Overs will bring everything to designated room(s) in am and on the bus in the afternoon**
- 4:00 p.m. FOR ALL SWIMMERS NOT RACING IN SATURDAY FINALS: Bus departs pool 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 early bus.
- 8:00 p.m. FOR ALL SWIMMERS RACING IN SATURDAY FINALS: Depart Pool for Auburn Mall in Auburn, MA. We will 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 late bus.

Team Timing Assignments: We will need 2 timers in each Prelim session, so parents, please let me know if you can help

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 evening after the meet 12 & Under prelim session. Often, 10 and Unders enjoy playing cards in common areas/lobby at hotel with each other, playing in hotel pool, etc with their NE teammates. 10 & Under families are encouraged to make dinner plans together and let the kids enjoy each others company. 10 & Unders should plan on team breakfast at the hotel where announcements are made and awards presented (parents of 10 & Unders may attend breakfast for a fee).
- All Swimmers are expected to warm-up in each Prelim 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 13 & Over 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.
- Be prepared for fast swimming and **GO NEW ENGLAND!!**