

New England Zone Team Long Course 2009

Recommended items to pack

- A small cooler with some healthy snacks and drinks, especially for the bus ride. New England Swimming provides three meals each day and a snack in the afternoon (like granola bars, power bars, water or drink). Athletes will not be able to choose their own menus and will be asked to eat the team meal which includes several choices. Please **DO NOT** pack unhealthy food like chips, candy, cookies or soda. These will not help you perform your best.
- Several (4+) towels, several (3) pairs of goggles, an extra suit (with **NO** team logo) and any swimming equipment that you want for warm-up and warm-down. **DO NOT** plan to wear any of your home team apparel that contains your home team logo. Technical suits without a team logo are permitted. We are the New England Zone Team and you will be wearing **ONLY** the New England Team uniform while at the swim meet and on deck. You are **NOT** permitted to wear any of your home team gear while on the trip.
- Your favorite pillow and a sleeping bag for the **BEST** night's sleep. Remember that **ALL** New England swimmers will be sharing a bed with another New England teammate, so your sleeping bag or favorite blankets may help you be more comfortable.
- A book, a deck of cards or any other items you like to have for quiet time. **DO NOT** bring your most expensive CD player and your entire CD collection. You would not want to lose these items on the trip. Use judgment if choosing to bring your iPod. iPods are easily stolen out of hotel rooms and out of swim bags. Also, cell phones are permitted, but may be taken away if use is not appropriate or is too excessive.
- A small amount (\$50.00 or so) of spending money for meals (2) on the road and snacks at the meet or beverages, as well as a tip of \$1.00 PP per day for the hotel maid (to be left upon departure from the hotel).
- Any DVD/ video cassette movies (for the bus ride) that are appropriate for 11 and older swimmers.
- Sunscreen, sunglasses, visor or cap, as well as something warm for the meet, in case it is cool. You may want to bring a chair or blanket, especially 11/12s, who will be at the meet for several hours.
- Your team spirit and your enthusiasm to **RACE** your best!! **GO NEW ENGLAND!!**