



Virginia Swimming

2012 Eastern Zone Long Course Age Group Championship

Team Itinerary

<u>Meet Dates-</u>	August 8 th -11 th 2011
<u>Location-</u>	Collegiate School Aquatics Center 5050 Ridgedale Parkway Richmond Virginia, 23234
<u>Transportation-</u>	Platinum Tours Montpelier VA, 23192
<u>Accommodations-</u>	Holiday Inn Koger Center 1021 Koger Center Blvd. Richmond Va 23235 804.379.3800 (Parents are instructed to stay at a different location)
<u>Entertainment-</u>	Field trips for the 9-10 year olds Bowling \$8.00 per person IMAX movie \$8.00 per person at the Science Museum (chaperones comp) Fun Center \$8.00 per person
<u>Support Staff-</u>	Team Manager, Maureen Tolliver
<u>Coaching Staff-</u>	Head Coach, Mark Van Deren Tim Mousetis 10 and under girls Jordan Filchock 10 and under boys Steven Evans 11-12 boys Mark Van Deren 11-12 girls Jon Raymond 13-14 boys Bridget Burkot 13-14 girls Austin Fiehler 15-18 boys Connor Schwalm 15-18 girls

Chaperones-

9-10 Boys	Jerry Barnes	Jeremy Sudweeks	9-10 Girls	Denise Knisely	Beth Higgins	Amy Wagner	11-12 Boys	Annette Mills	Cassondre Wilburn	11-12 Girls	Cindy Marsteller	Mikyung Mikael	13-14 Boys	Lynn Riggs	Amy Bollinger	Carmen Meffert	13-14 Girls	Julie Beattie	Lisa Garrity	15-18 Boys	Susan Lobo	15-18 Girls	Sara Denning
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Departure and Destination Locations- Tuesday, August 7th

Richmond	NewportNews	Stafford	Charlottesville
Collegiate Ctr.	Wal-Mart	Wal-Mart	Wal-Mart
5050 Ridgedale Pky.	12401 Jefferson Ave.	217 Garrisonville Rd	164 Camp Creek Pkwy
Richmond Va 23235	Newport News, 23602	Stafford, 22554	Zion Crossroads Va

Tuesday, August 7th Travel Day-

Athlete- Athlete attire RED T-shirts cheer shorts for girls and mesh shorts for boys.

Coaches- Blue coaches shirts

All team members, please be at departure location 15 minutes prior to departure

ALL swim bags must be (packed with practice gear), brought on the bus with athletes. All luggage is stored in the bins of the buses! Chaperones please ensure this procedure is followed at all departure points.

Reminder- any athletes who have medications must pack their meds in their back packs.

Any special instructions should be with the medication.

Tuesday, August 7th

1:00pm- Newport News leg departs for Richmond (1 bus)

1:00pm- Stafford leg departs for Richmond (1 bus)

1:00pm- Charlottesville leg Departs doe Richmond (1 bus)

2:30pm all team members arrive at aquatic center, Richmond members load luggage on buses

3:00pm- team practice

4:30pm- depart aquatic center

7:15pm- dinner at the hotel

8:00pm- team meeting, coaches' remarks

8:30pm- all athletes in rooms

8:45pm- 10 and unders lights out

9:00pm 11and 12 year olds, lights out

9:30pm- all others lights out, Chaperone meeting with Team Manager

Wednesday August 8th

12 and under athletes competition schedule

7:30am wake up

8:00am- breakfast

Planned activity with chaperones in hospitality suite for 10 and unders

11 and 12 year olds are on rest in their rooms

11:00am- depart hotel for lunch (2 buses)

11 and 12 year olds, are reminded to purchase additional food and drinks

12:00pm- depart lunch for aquatic center

12:45pm- warm ups (2nd warm up, lane 7 share 8, 40 minute warm up)

1:45pm- meet start

*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day

5:15pm- 9-10 yr olds depart for bowling alley

7:00pm- depart bowling alley

7:15pm- dinner

8:15pm-10 and unders, in rooms

8:30pm-10 and unders, lights out

Wednesday August 8th

13 and older competition schedule

5:30am- wake up

5:45am- breakfast

6:10am- depart for aquatic center (2 buses)

6:30am- warm ups (45 minute warm-up lanes 7, 8)

8:15am- meet start

*The fastest heat of the Men's 1500 free will swim at finals. All of the Women's 1500 free will swim in pre-lims. 1 bus will depart early; chaperones will divide to provide adequate coverage.

10:30am finalists, relay participants and men in the fastest heat of the 1500 free depart aquatic center for lunch, depart lunch for hotel 11:45am (1 bus)

1:00pm- (or when our last athlete finishes) pre-lim participants in the 1500 free and athletes not competing in finals depart aquatic center for lunch. Depart lunch for hotel at 2:00 (1 bus)

4:30pm- finalists and relay participants depart hotel for aquatic center

5:00pm- general warm ups

5:45pm- non finalists return to aquatic center to support teammates

6:00pm-meet start

7:45pm- 11-12 yr olds depart aquatic center for hotel (1 bus)

8:45pm-all others depart aquatic center for hotel (2 buses)

9:00pm- dinner at hotel, team meeting

9:45pm-in room

10:00pm-lights out

Thursday, August 9th

12 and under athletes competition schedule

7:00am- wake up

7:30am- breakfast

Planned activity with chaperones in hospitality suite for 10 and unders

11 and 12 year olds are on rest, in their rooms

10:30am- depart hotel for lunch (2 buses)

11 and 12 year olds, are reminded to purchase additional food and drinks

11:15am- depart for aquatic center

11:40am- warm ups (first warm up lanes 7 share 8, 40 minute warm up)

12:45pm- meet start

4:00pm- 9-10 year olds depart for Fun Center

4:00pm- 11 and 12 year non finalists depart aquatic center for hotel

*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day

6:30pm- dinner for 10 and unders

8:15pm-10 and unders in rooms

8:30pm-10 and unders lights out

Thursday August 9th

13 and older competition schedule

6:15am- wake up

6:30am- breakfast

6:55am- depart for aquatic center (2 buses)

7:15am- warm ups (45 min warm up lanes 7, 8)

8:15am- meet start

11:45am- depart aquatic center for lunch (2 buses)

12:45pm depart for hotel

4:00pm- 11&12 yr. old finalists remain at aquatic center

4:45pm- finalists depart hotel for aquatic center (1 bus)

5:00pm- warm ups

5:45pm-non finalists depart hotel to support their teammates (1 bus)

6:00pm-meet start

7:30pm-11-12 yr olds depart for hotel (1 bus)

8:30pm- all others, depart aquatic center for hotel (2 buses)

8:45pm- dinner at hotel, team meeting

9:30pm in room

10:00pm- lights out

Friday August 10th

12 and under athletes competition schedule

7:30am- wake up

8:00am- breakfast

Planned activity with chaperones in hospitality suite for 10 and unders

11 and 12 year olds are on rest

10:15am- **Family lunch at hotel**

11:00- depart for aquatic center

11:15am- warm ups (first warm up, lanes 7 share 8, 40 minute warm up)

12:45pm- meet start

4:30pm-9-10 year olds depart for Science Museum for IMAX movie

3:30pm- 11 and 12 year olds not competing in finals depart aquatic center for hotel

*11 & 12 year olds follow 13 and older competition schedule for the remainder of the day

6:30pm- dinner for 10 and unders

8:15pm-10 and unders in rooms

8:30pm-10 and unders lights out

Friday, August 10th

13 and older competition schedule

5:30am- wake up

5:45am- breakfast

6:10am- depart for aquatic center (2 buses)

6:30am- warm ups (45 min warm up lanes 7, 8)

8:15am- meet start

11:45am- depart aquatic center for lunch (2 buses)

12:00- **Family lunch at hotel**

4:30pm- finalists depart hotel for aquatic center

5:00pm- warm ups

5:45pm-non finalists depart for aquatic center to support their teammates

6:00pm-meet start

8:15pm- depart aquatic center for hotel (3 buses)

8:30pm- dinner at hotel,

9:00pm in room, all bags should be packed for parent pick up tomorrow

10:00pm- lights out

Saturday August 13th

12 and under competition schedule

7:30am- wake up

7:45am- breakfast, immediately following breakfast room inspections

9:15am- **9-10 Parents pick up luggage in the River Room of hotel located on the first floor**

9:45- **11-12 Parents pick up luggage in the River Room of hotel located on the first floor**

10:15am-depart hotel for lunch

***All 11-12 athletes are reminded to purchase additional food and drinks. This will be a very long day at the aquatic center.**

11:00am- depart for aquatic center (2 buses)

11:40am- warm ups (first warm up lanes 7 share 8, 40 minute warm up)

12:45pm-meet start

3:30pm- session ends

10 and unders will have a pizza awards banquet immediately following their session

11-12s will remain at aquatic center until the end of the finals

Saturday August 13th

13 and older athletes competition schedule

6:15am- wake up

6:30am- breakfast

6:55am- depart for aquatic center

7:15am- warm ups

8:15am- meet start

11:15pm- depart aquatic center for lunch

1:30pm-depart for hotel.

2:00pm-**13-14 Parents pick up luggage from New River Room at hotel located on the first floor**

2:30pm-**15-18 Parents pick up luggage from New River Room at hotel located on the first floor**

3:00pm depart hotel

4:30pm- warm ups

5:30pm- meet start

7:45pm- Team Pizza Banquet and Awards in the stands, team members are released to their parents immediately following.

8:30pm- Good bye everyone, thank you, go enjoy the rest of the summer!

This Itinerary is subject to change based on timelines.