



WELCOME TO ZONES!!!

Here are a few helpful things to make the trip fun and successful.

All athletes need a swim bag packed for practice to be brought on the bus. This bag should have their lunch money in it. ( Plan on bringing \$10-15 dollars for lunch daily) **This bag goes on the bus**, not stored in the bin of the bus. Swim caps will be distributed at the pool for practice.

Please feel free to bring age appropriate movies G, PG and PG 13 only. Label them with your name.

Healthy snacks and drinks are encouraged; bring "lots" of them along.

Extra money will be needed for water, drinks, food and meet souvenirs please plan accordingly.

There is a bit of down time each day, board games, cards etc. are a great way to pass the time.

The 12 and under venue is an outdoor pool, we will need additional tents, if you have one please consider lending it to us for the athletes.

If you can supply a cooler for the team to house ice and drinks to keep the athletes hydrated, please bring it along.

Virginia Swimming uniform attire is required outside of the hotel at all times. Everyone should wear their **"Blue"** T-shirt on Wednesday.

This is a team travel trip; there will be very limited access to your athlete if you plan on attending.

Athletes are expected to call home daily!

Everyone has had an opportunity to review the cell phone policy, please plan accordingly to charge your phones.

Team spirit, cheering, and encouragement are always appreciated!  
Bring a camera, and send your photos to the webmaster at Virginia Swimming!

Apparel trading is like an Olympic Sport at Zones. Trading is common amongst the athletes at the meet; we do however prefer that all trading is done at finals on Saturday night.

If you are planning on taking an athlete home after finals on Saturday night please touch base with the chaperone and/or team manager before Saturday to fill out the permission slip and to allow us to plan accordingly for a timely departure.

As a final reminder, **ALL ATHLETES MUST REMAIN AT THE MEET UNTIL ITS CONCLUSION, SATURDAY NIGHT.**  
There is no exception to this policy.

Thank you for supporting our athletes.  
Virginia Swimming Zone Team Manager