

2012 NC Swimming Zone Championships Trip Schedule

Our theme is "Hula Ya'LL", so bring your tropical best!

30/July/12 Team departs from Charlotte, Greensboro and Raleigh for Dallas, Tx.

Accommodations: Holiday Inn Express – Royse City Texas

1001 Pullen St.

Royse City, Texas 75189

972-635-6560

Once checked in, we will eat and get outfitting and get organized.

The pool is open from Noon to 8pm on Monday for teams to swim.

31/July/12 1pm wmup – 2pm start Meet begins with

the women's 800 and the men's 1500.

01-04/Aug/12 Prelims wm-up 7am meet 9am

Finals wm-up 4pm meet 5:30pm

05/Aug/12 Open Water champs will be held at the same location as the meet.
Those interested in that event need to tell their group coach.

It is timed to run from 8am to Noon. After that we will be going to Hurricane Harbor Water Park at Six Flags. You will need \$20 for admission.

06/Aug/12 Fly home from Dallas

	Depart-arrive	Return Depart-arrive
RAL	6:10am-8am	7:20am-11am
GSO	6:55am-8:40am	7:45-11:20am
CLT	6:25am-8:05a	7:20-10:50am

Reminders:

- Due to the home locations of all the qualifiers AND the number of seats we were able to get at each airport - we will do the best we can to consider that when assigning your airport for Departure/Return.
- Please DO NOT BRING YOUR HOME TEAM WEAR WITH HOME TEAM LOGO. You are representing NC Swimming and will be outfitted. You are encouraged to bring anything tropical themed (example-Hawaiian shirts and board shorts, grass skirts and coconut bras, leis.....).
- 20-30\$ a day for meal money, Water bottle and Suits
- Get to know the whole team. A group of swimmers can be a powerful thing. Think of the many times that swimmers swim their life time bests on relays.... A group can empower it's individuals that way!
- Practice good time management skills. Be prompt and help your team mates to be prompt as well.
- Extra goggles
- Great attitude, ready to work with your new team mates, coaches and chaperones.
- Be FLEXIBLE. You are not at a meet with only your family. You are part of a 62 member team. To get a group of this size moved around, fed and taken care of, means that things may happen at a different pace than when you are with just your family.
- Communication, communication, communication....keep in mind that in order for the Zone Staff Coaches and chaperones to help you be prepared to perform well - you need to communicate. You may know some of the coaches and they may know you however, you will not know all of them nor do all of us know you. So, get to know everyone.
- \$ for souvenirs
- Remember, just as our Olympic team is representing the USA to the world, YOU are the ambassador of North Carolina that your fellow competitors and Texas hosts will gage the rest of our state, your families and teams on.
- Compete to the best of your ability, look out for your team mates and be gracious. You have all worked hard to put yourselves in position to compete in a meet of this level! Well done!
- Lastly, you are here because you worked hard toward a goal. Your team mates, home coaches and families ALL helped you to this point also. Thank them, when you get a chance and encourage and challenge other swimmers.

Congratulations.....and HULA Ya'!!! Let's go to Texas! Yee Haw!!!!