

## 2013 NC Swimming Zone Team Trip Info

Travel: Depart 29/July/13

Team Bus pick up from 3 locations; Charlotte, Triad and Raleigh for the trip to Greenville, SC. In Raleigh we will meet at Triangle Aquatic Center (275 Convention Drive, Cary, NC 27511) at 9:00 AM. In the Triad we will meet at exit 124 off of I-85 in the Walmart parking lot at 10:30 AM. In Charlotte we will meet in the Concord Mills Parking lot near the first entrance to the mall from I-85 South at exit 49 at 11:50am.

Plan to be at each pick up location 20-30 mins earlier than departure to make sure that we leave on time from each location. We ask that everyone **pack snacks and lunch** for the bus trip as we will not stop to eat just to pick folks up. After the last stop in Charlotte we will not stop again until we get to the Spartanburg YMCA (address is 720 shoals road, Duncan, sc 29334) to swim in the afternoon before checking into the hotel and getting dinner.

Here is a Map of the City of Greenville to know where the Pool and other places of interest are.  
<http://tinyurl.com/aor44pt>

Accommodations: Marriott Greenville One Parkway East · Greenville, South Carolina 29615 USA

Each room had 2 Queen Beds. We will room 2/3 swimmers per room.

The breakfast is included with our hotel rooms as well as 3 dinners at hotel. Swimmers will need to cover their own dinner on Monday, Saturday and all lunches.

Pool location: Westside Park Aquatic Complex, 2700 West Blue Ridge Drive, Greenville, SC 29611

Money:

\$15-30 a day for meal/snack money. We are covering 4 of the dinners. Swimmers will need to pay for lunch Tuesday-Sunday and Dinner on Monday and Saturday.

The kids should bring money for souvenirs. We will go to the Furman book store before dinner on Tuesday after the distance events. Plus they will need it for a meet shirt if they want one.

Ground Transportation: We will be taking a 56 passenger bus on the trip plus a van. The bus company is Holiday Tours.

General Meet Schedule:

The Travel day—stop to swim in Spartanburg. Then continue travel to Greenville to hotel. Once we arrive and are checked in at the hotel, we will eat and get outfitting and establish the schedule for the week.

Tuesday July 30<sup>th</sup> — Team meetings, Warm up swims, Shaving, team dinner at Zone Social.

Meet starts— 1pm Meet begins with: 11-12 400 Free, 13-18 women's 800 and the men's 13-18 1500 Free. All Swimmers attend this session. We will go to dinner after session finishes.

July 31- August 3rd-- Prelims warm-ups 7am meet 9am session finish head back to hotel.

Finals warm-up 4pm meet 5:30pm Dinner back at hotel each night.

#### Events:

Wednesday- 11-18 200 Free, 11-12 50 Breast, 13-18 200 Breast, 11-18 100 Fly, 400 Medley Relay-Finals

Thursday-13-18 200 back, 11-12 50 back, 13-18 100 Free, 13-18 400 IM, 400 Free Relays-PM

Friday- 11-18 100 back, 11-18 100 Breast, 11-12 100 Free, 13-18 400 Free, 200 Medley Relay-PM

Saturday- 11-18 200 IM, 11-18 50 Free, 11-12 50 Fly, 13-18 200 Fly, 200 Free Relay

#### Warm Up for Prelims Schedule:

##### Bus Schedule

Tuesday AM—All not swimming the distance events will go and warm up at pool leaving hotel at 7:45am return to hotel at 9:30am. All Distance swimmers will go to Pool at 11:20am for warm up from 12:00-12:45 with meet starting at 1:00pm. Rest of team will go to pool at 12:30 to watch distance swimmers.

Wednesday all leave for warm up at 6:15am for 7:00am warm up—Meet starts at 9 AM. Return to hotel around 12:30pm

Thursday all leave for warm up at 6:45am for 7:30am warm up. Return to hotel around 12:30pm

Friday all leave for warm up at 7:15am for 8:00am warm up. Return to hotel around 12:30pm

Saturday All leave for warm up at 6:15am for 7:00am warm up. Return to hotel around 12:30pm

#### Warm Ups for Finals

All Finals swimmers leave for meet at 3:20pm for 4:00pm meet starts at 5:30 pm. All swimmers not in Finals will leave for the meet at 4:30 and should bring their suit to get in during the session to loosen up.

August 4<sup>th</sup> 2013- Open Water Champs will be held at Devil's Fork State Park, Lake Jocassee. Interactive map: <http://www.southcarolinaparks.com/devilsfork/introduction.aspx>

We will leave the Hotel around 5:50am for the open water swim. Warm up for this swim is at 7:00am. Race starts at 8:00am for the 13-18 5K and 8:15am for the 11-12 3K. When we leave for the open water swim we will not be returning to the hotel.

After Open Water Champs we will be heading home with a stop for lunch. We should be back to Charlotte drop off around 12:45-and an hour and half later at each stop after that. When we are a half hour out from the drop off location we will have the swimmers call.

Reminders:

Our theme is North Carolina so bring your state pride.

Please DO NOT BRING YOUR HOME TEAM APPAREL. You are representing NC Swimming and will be outfitted. You are encouraged to bring anything North Carolina Themed.

Water bottle- we will have jugs of water to fill bottles so please bring a water bottle.

Suits-training and Racing suits please bring them. You will be able to purchase Arena Tech Suits at Discount for they are outfitting the NC Zone Team.

Practice good time management skills. Be prompt and help your teammates to be prompt as well on time is 5 minutes early.

Extra goggles-at least 2 pairs

Any Race gear you need to swim fast. Any Snacks you may want. The Staff will grab some snacks for the meet but you should bring what you know helps you to swim fast.

Towels, Sun screen for the open water.

Great attitude, ready to work with your new teammates, coaches and chaperones.

Be FLEXIBLE. You are not at a meet with only your family. You are part of a 66 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....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. Making a team like this is one of those next swim (skill-development-techniques) level skills for you to develop.

Remember, just as our Olympic team is representing the USA to the world, YOU are the example of North Carolina that your fellow competitors and South Carolina hosts will gage the rest of our state, your families and teams on.

Compete to the best of your ability, look out for your teammates 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 and achieved it. Your team mates, home coaches and families ALL helped you to this point also. Thank them, when you get a chance.

Congratulations.....and Swim Fast and Have Fun!!

Zone Staff Manager

Brendan Betts