

FIESTA OUT WESTA

A PUBLICATION OF NORTH CAROLINA SWIMMING

ISSUE TWO. MONDAY, JULY 30, 2018

TODAY'S SCHEDULE-MONDAY

8:30-10:00am - Breakfast at Springhill Suites;
TODAY's SHIRT—NAVY, Always Swimming
10:00am—Travel to COM Aquatics for swim
10:30-12noon—Pool Workout
12noon—Lunch at restaurant across from pool—be sure to bring money with you to pool
1:15pm — Return to Hotel
2:00pm — Meet in lobby. Multiple choice of afternoon entertainment activities in Midland/Odessa.
6:00pm — Meet for dinner
8:00pm — Team Meeting at Hotel to discuss Day 1 of competition
9:30pm — All athletes in rooms
10:00pm — Lights out. Electronics silenced.

ARRIVAL: MIDLAND

The 2018 NCS Zone Team members and staff took off via Southwest early Sunday morning braving lengthy lines through check-in and security. With an early morning wake-up call, all 62 members of the team arrived ready to get through the first day of travel. With an on-time departure and a surprise landing in Nashville, TN, the team made the 6-hour plane ride like champions! After landing in Midland, the team went to a local mall and had lunch at the food court. Following lunch it was check-in time at the team hotel followed by a late afternoon swim in the competition pool which we had all to ourselves. COM Aquatics houses seven different pools—from a warm-water teach pool to a diving well to a exercise pool, this place has nearly every aquatic experience covered. On the final night, an athlete's social will allow the athletes to experience some function in each of the pools including a slide attached to the 7-meter diving platform.

After the pool time, athletes went back to the hotel and then to dinner at a local restaurant. After a long day, it was lights out.

