

72 HOURS BEFORE PICKING UP CREDITIALS - GET A PCR COVID-19 TEST**Tuesday, December 7 Tentative Itinerary**

6:00 pm Optional Loosen w/ Coach Amy & Emilie
9:30 pm Lights Out

Wednesday, December 8

7:30a-9:00p Pool is open for loosen-up (1200-1500)
12:00 pm Group Lunch
4:15 pm Arrive finals
6:00 pm Relays (2Med&8Free) (ONE POOL)
7:15 pm Session Over
8:00 p.m. Dinner
9:30 p.m. Lights Out

Thursday-Saturday, December 9-11

6:45 am Wake up & Eat
7:15 am Arrive for Warm-ups
9:00 am Prelim Session Begins
11:00 am Prelim Session Ends (Approx)
11:30-3:30 p.m. Time Trials and/or Nap for finals
3:30 p.m. Depart for finals
3:45 p.m. Warm up for finals or loosen swim
5:00-7:30pm Finals Begin
8:00 p.m. Dinner
9:30 p.m. Lights Out

Remember To Bring

Suit: RAYS Practice & Racing Suits
 Goggles (2 pair) & Caps (National Team Caps)
 Foam Roller, LAX Ball, Water Bottle
 Chapstick, Lotion
 Manta Ray National Team Outfitting
 Manta Ray National Team Bag
Three Team T-shirts plus Mizuno Winter Jrs Outfitting
 Shaving Gear
 Great Attitude
 Leave College/HS clothing at home

Events:	Wednesday 200 Medley Relay 800 Free Relay One Pool
T-shirt:	Heather Grey RAYS Shirt

Events:	Thursday 500 Free 200 IM 50 Free 400 Med Relay (Finals)
T-shirt:	Royal RAYS Shirt

Events:	Friday 400 IM 100 Fly 200 Free 100 Breast 100 Back 200 Free Relay (Finals)
T-shirt:	Heather Blue RAYS Tshirt

Events:	Saturday 1650 Free 200 Back 100 Free 200 Breast 200 Fly 400 Meter Free Relay (finals)
T-shirt:	TBD

Facility Address

Greensboro Aquatic Center
 1921 W Gate City Blvd
 Greensboro, NC 27403 Phone: 336-315-8498

Expectations

Warm-up to swim together before

Everyone swims at night even if not competing

Gratitude - to coaches, competitors, meet personnel

Clean Team Area: pick up team area during & after each session (even if trash is not yours)

EAT CLEAN: no grease, little or no sugar (just from real fruit), don't overeat, no fried foods, (water only)

Handle bad swims with class... respond and bounce back quickly.

Relay starts should be confident & aggressive

Warm-downs should be done **immediately** after each swim then talk with coach

Don't ask how you should swim your race - HAVE A PLAN BEFOREHAND

Naps - should be taken between each session - release of growth hormone

Sleeping in room - Sleep in

Represent Team, City, Teammates, Parents, Coaches while on podium.

Cheering - If you are not swimming at finals, your job is to be the best cheerleader on deck.

Team Meeting and Team Cheer 10 minutes before start of the meet each session

Language - No Swearing, No Excuses, Positive Talk, Stay clear from Drama,

Warm-up Plan Each day - Do what works best for you - Coach can help

Shaving - Shave body, face, legs, and arms

Warm-up in team suits