

North Carolina Swim Meet & Training Trip FAQs:

We are excited to offer swimmers in our **Pre-Senior, Senior 1 and Senior 2 training groups** the opportunity to train and compete **with their peers at CMA in an LCM pool**. Due to lane availability, we are limited to 40 swimmers – **20 from each team** – on the training portion of the trip. **The sign up deadline is Friday, May 21st.** There are two events on the website – one for the meet and one for the training trip. If you intend to do both, you must sign up for both. **Once you sign up, PLEASE DO NOT book any non-refundable travel until you hear from Coach Matt.** If you have any questions, please reach out to Coach Matt or Karin Tonello.

- 1. What are the dates and locations for this trip?** The swim meet is scheduled for **June 25-26** at the Greensboro Aquatic Center. The training trip will be at the Goldsboro YMCA in Goldsboro, NC from **June 28-July 3**. Goldsboro, NC is about 2 ½ hours from Greensboro. (Note: We hope to be able to add a training session on June 27.)
- 2. What can you tell us about the swim meet?** The 2021 EAC Independence Invitational (long course meet) will be held at the [Greensboro Aquatic Center](#) and runs from June 25-26. Here is the meet packet: https://swimnc.com/swimnc_meets/images/NC21103_EAC_Independence_Invite.pdf. Swimmers are limited to 4 events/day. Note that there is a morning and evening session for 13&Over swimmers – this is not prelims and finals though.
- 3. What are the days and times we are training in Goldsboro?** We have 4 LCM lanes available to use at the Goldsboro YMCA pool and we are allowed 10 swimmers/lane. Drylands will occur on some of these days – the exact dates are tbd. The training hours are:
 - Sunday, June 27: 1pm – 4pm
 - Monday-Friday (June 28-July 2): 10am-12pm and 6pm-7:30pm
 - Saturday (July 3): 10am-1pm
- 4. If we do not attend this meet and training trip, will there be practices at home?** Yes, there will be joint practices with PPSC and CMA swimmers June 28-July 2. Those times, locations (Reiche, Riverton or Cape) and details are still being finalized. So whether your swimmer trains at home or in NC, we're excited that they will get to know their peers at CMA better and have the opportunity to train with different coaches.
- 5. Are all swimmers allowed to attend the training trip?** Similar to our training trip in February, only swimmers in PPSC's Pre-senior, Senior 1 and Senior 2 groups are eligible to attend the training portion of the trip. Any swimmer can attend the swim meet.
- 6. What is the cost of the swim meet and training trip? For the swim meet,** we will charge the customary \$40/swimmer fee for a non-MESI, non-championship meet. (This is outlined in the Parent Handbook.) There will also be meet entry fees that are passed onto the host team. Those are outlined in the meet packet link above. **For the training trip piece**, the cost of the lane rentals and coach travel expenses will be divided equally among all swimmers who commit to the trip. Based on an estimated 40 swimmers attending (PPSC and CMA combined), we estimate the training trip cost to be \$125/swimmer. If fewer than 40 swimmers commit, this fee will change but it will be communicated to everyone before the final signup deadline when money is due. If expenses come in under budget, each swimmer will be reimbursed their share. If a swimmer cancels after the deadline has passed, they will still be charged the full training trip fee, meet fee and entry fees (if applicable).
- 7. What happens if more than 40 swimmers want to attend the training trip?** Unfortunately, we could not get more than 4 LCM lanes for this week and we called numerous facilities in NC, VA and ME. PPSC and CMA will each be given 20 slots. If each team has more than 20 swimmers interested, the Head Coaches will make the final decision, based on a number of factors including participation in end of summer championship meets.

8. **Can my swimmer attend only a portion of the training trip?** Yes, swimmers can attend all or a portion of the training trip. Money will not be returned or prorated for only attending part of the trip.
9. **Can my swimmer attend the swim meet but not the training trip?** Yes, swimmers may attend just the swim meet but they will be charged a coaching fee of \$40/swimmer. This is our standard fee for sending a coach to a non-MESI, non-championship meet. (This fee is outlined in our Parent Handbook.) Anyone swimming at the meet will also need to pay meet entry fees, which are passed directly to the host team. The entry fees are outlined in the meet packet in question #2 above.
10. **Is the team sending chaperones or do I need to bring my swimmer?** We are not planning this as a team travel event. A parent/guardian would need to bring their swimmer(s) to the training trip or make arrangements with another swim parent to travel with and be responsible for your swimmer.
11. **Where are people staying?** We will work on getting group rates at area hotels (in Greensboro for the meet and Goldsboro for the training trip) and communicate that to attendees. Families are not required to stay with the team and are free to choose different accommodations. Families must also book their own travel arrangements.