**Star Invitational Meet, Buffalo**

**December 6 – 9 2018**

**Meet Information can be found on Star Swimming under Meets**

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| Day | Meet start |
| Thursday | 5:00PM |
| Fri, Sat, Sun Prelim | 8:00AM |
| Fri, Sat, Sun Finals | 5:30PM |

**Pool address:**

Erie Community College Burt Flickinger Athletic Center 21 Oak Street Buffalo, New York 14203

**Why do we go to Buffalo?**

**This is a Team Meet (Team Bonding/Team Spirit)**

* It is one of the few meets with prelims and finals for all age groups and the Seniors and younger athletes swim in the same session.
* Athletes are together for the entire trip: same sessions at pool, team dinners, etc. Seniors give out awards at dinner to the younger athletes: toughest swim, most team spirit, etc.
* Parents have an opportunity to spend time together.

**The Rules:**

* Athletes 13 & over may room together and may ride the bus without a parent.
* Athletes/parents are responsible for paying for their own hotel room upon arrival. Cost is $142/night plus taxes
* Athletes are required to attend all sessions whether they are swimming or not.
* Team attire must be worn at the meet. No high school, college, pro sport attire is to be worn.
* All swimmers are required to eat dinner with the team each night after finals. Finals typically end around 8pm.
* Curfew will be established and enforced (usually 10pm).
* Swimmers must be in their rooms during “Quiet Time” each afternoon, usually between 1:30 and 3:00
* Swimmers must be on time. “If you’re last, you’re late.”
* Failure to follow team rules may result in your athlete being sent home.

**This is an exciting, fun and tiring swim meet!  Hydrate, eat properly and rest ahead of time---you will not be able to catch up at the meet.  Don't forget your warm clothes--it can be snowy, windy and cold!**

**How to Get to Buffalo**

**Drive:**

* Approximately 6 hours
* Plan to arrive by 1pm on Thursday
* Sunday night’s session ends between 8 and 8:30pm and all swimmers must stay until the end of the session.
* Valet Parking only $10 per day

**Fly:**

* Plan to arrive by 1pm on Thursday
* Sunday night’s session ends between 8 and 8:30pm and all swimmers must stay until the end of the session.

**Ride the ‘Bus to Buffalo’**

* The cost of the bus is $120 for swimmers and $160 for parents, payable by credit card at the time of registration, and is nonrefundable. Online registration is open under Team Functions
* A sandwich and water for the ride home is included. Please bring your own lunch for the trip up. There will be one stop for a bathroom break where there are some fast food restaurants where you can buy food.
* All 12 & unders must be accompanied on the bus by a parent.

**Transportation While in Buffalo**

* Athletes ride the bus to/from pool
* Separate pool run for parents in the AM (distance from hotel to pool is approx. 1 mi. It is not recommended to walk by yourself at night.)
* Parents can car pool with other parents or Uber to and from the pool.

**Food**

**Breakfast** is included for all. Breakfast will be available for the athletes starting at 5:30am on Friday and 6:00am on Saturday and Sunday. Please be prompt as there are over 90 athletes that will need to eat within a short period of time.

Parents can enjoy breakfast starting at 6:00am on Friday and 7:00am on Saturday and Sunday.

Choices include:

Assorted beverages, juices, coffee, sodas, milk, Scrambled eggs, Sausage or Bacon, Yogurts, Sliced and Whole Fruit, Hot & Cold Cereals, Breakfast Pastries, Bagels, Breakfast Potatoes, French Toast , Waffles, or Pancakes

**Lunch:** everyone is responsible for their own lunch. Restaurant in hotel – SEAR Steakhouse. Order out. Athletes should not leave the hotel without Tristan’s permission. Need to be in rooms for “Quiet Time”.

**Dinner:** **All swimmers are required to eat dinner with the team each night after finals.** The total cost is $95/person (Thursday, Friday, Saturday dinner). There are some great options for Parents right around the hotel or a short drive.

Parents must pick up their (12 and under) swimmers immediately following the team dinner.

The hotel has a restaurant, SEAR Steakhouse which serves lunch from 11:00am-2:00pm and the The Beanery, the lobby espresso bar, features Starbucks® coffees and serves pre-made salads, sandwiches and pastries and is open from 7:00am-3:00pm.

In addition there are several other restaurants in the area.

SOHO Burger Bar 64 West Chippewa Street Buffalo, New York 14202

716-856-7646

Restaurant Hours: Mon - Thurs: 11am - 11pm Fri - Sat: 11am - 12am Sun: Noon - 9pm

Papaya  118 W Chippewa St, Buffalo, NY 14202

Bacchus Wine Bar & Restaurant  W. Chippewa Street

[www.Bacchusbuffalo.com](http://www.Bacchusbuffalo.com)

LaNova  Pizza and Wings– takeout/ delivery  716-881-3355

<http://www.lanovawings.com/ordereze/Products/Summary.aspx>

Domino’s  187 Delaware Ave.  716-707-3700

<https://pizza.dominos.com/new-york/buffalo/14202/187-delaware-ave/>

Anchor Bar  1047 Main St, Buffalo, NY 14209

Pearl Street Grill & Brewery  76 Pearl Street  716-856-2337 (closer to the pool)

Additional restaurants: <https://www.opentable.com/landmark/restaurants-near-embassy-suites-buffalo?page=2>

**Hotel**

* We will be staying at the Embassy Suites.

**200 Delaware Avenue in downtown Buffalo**

Rooms are already reserved under a room block. **Do not** call the hotel to reserve directly unless you do not want a room at our rate. Please use the Google Doc to sign up for rooms. **Link:**

**Rooms may be:**

* + Swimmer(s) only *note*: 2 to a room but if you would like more please add other names under notes
  + Swimmer and Parent
  + Parent Only
* The cost per room is $161.52 per/night including tax, payable at the hotel upon arrival. Typically, if 2 swimmers are sharing they work it out between themselves to split the cost. A credit card will need to be presented upon check in. I do have a credit card Authorization form that you may fill out and fax to the hotel. Please also send a copy with your child. This can be done the week before.

Embassy Suites by Hilton Buffalo anchors the eight floors of the innovative Avant Building in Buffalo’s business district. Enjoy spacious two-room suites with floor-to-ceiling windows offering panoramic views of the Buffalo skyline. Suites have complimentary high-speed internet access, two flat-screen TVs, and wet bars with mini-fridges, microwaves and coffee service. Stretch out with room for work and relaxation with private bedroom and separate living areas with sleeper sofas.

Start your day with a workout in the fitness center equipped with state-of-the-art cardio, balance and weight equipment. Try a signature omelet, eggs or waffles at our free made-to-order breakfast. In the evening, enjoy drinks and snacks at the complimentary Evening Reception\*. Unwind with a refreshing beverage in the Lobby Lounge. Swim in the indoor heated pool or soak in the indoor whirlpool while gazing at the Buffalo skyline. Check your emails or print boarding passes in our complimentary BusinessLink™ Business Center. Grab a snack or some great Starbucks® coffee from our Beanery. Savor luscious cuisine at SEAR Steakhouse, or order room service.

**Registrations under Team Functions in Team Unify**

1. **Buffalo Athlete Team Dinners and Shuttle Bus - Mandatory $135**

This registration is for athletes only to register for the mandatory team dinners and shuttle bus. Every athlete must attend team dinners and must ride the shuttle bus to/from pool with the team. Cost is $135 per athlete and includes:

* Team Dinners: Athletes are required to attend all dinners (Thursday, Friday, Saturday). If your athlete has food allergies, please let us know by emailing: kulp@mac.com
* Shuttle Bus for Athletes to/from pool in Buffalo

1. **Buffalo Bus Registration**

Register to ride the Bus to/from Buffalo. The cost for the round trip is:

* $120 for each athlete
* $160 for each additional parent

Once you have registered, no refunds are possible. A sandwich and water for the ride home on Sunday is included (there will be a few choices and your order will be taken on the ride up). The bus will leave at 6:30am on Thursday, December 7th from BAC parking lot (left side) and return at about 2:30am on Monday, December 11th. Please plan to arrive by 6:00am on Thursday--you may park your car for the weekend.

Please do not register for the bus unless you are certain that your swimmer has qualifying times. Contact your coach with any questions regarding entries.

Please register each athlete individually.  If you are registering an additional parent, please choose "Add 1 Parent," "Add 2 Parents"...

**All registrations are non refundable**

**Contact Jen Kulp at kulp@mac.com before registering if you have any questions.**