

NOVA GREENSBORO 12U TEAM TRIP INFORMATION 2018

HOTEL: Courtyard Greensboro
4400 West Wendover Ave.
Greensboro, NC 27407
336-294-3800

POOL: Greensboro Aquatic Center
1921 West Lee Street
Greensboro, NC 27403
336-292-1844

Room assignments will be done by the coaching staff and announced at the time of check-in. Requests are not accepted. The hotel front desk will have your swimmer's name to connect you to their room.

PLEASE MAKE SURE THAT YOU HAVE COMPLETED THE ONLINE MEDICAL FORM FOR THE 2017/2018 SEASON. ANY CHANGES SHOULD BE NOTED OR A NEW FORM COMPLETED, AND TURNED INTO THE BUSINESS OFFICE BY MONDAY January 8, 2018.

BUS ITINERARY:

Leave- 3:00 pm Friday, January 12^h promptly from NOVA parking lot. Swimmers need to be in the parking lot no later than 2:45 pm.

Return- After the Monday morning session we will depart eating lunch on the bus heading back to Richmond, ETA is approx. 5:00 pm Monday, January 15th. If the timeline changes, the swimmers will call home with new arrival time.

Bring drinks and peanut/nut-FREE snacks, as well as age appropriate movies (G and PG only), for the bus ride. We do have several peanut/tree nut allergies so no peanut products, please. We will have a pizza dinner when we arrive at the hotel.

MEET FORMAT/ EVENTS: This meet is trials and finals for all age groups on Saturday and Sunday and timed finals on Monday morning. We sit as a team in the stands and it can be cold, so everyone should bring plenty of Nova gear (jackets, shirts, sweats, etc.).

APPROXIMATE COST: \$330 + meet entry fees/per swimmer (final cost will be billed after the trip)

This cost includes:

- Hotel for 3 nights
- Bus transportation
- Breakfast Sat/Sun/Mon
- Lunch Mon
- Dinner Fri/Sat/Sun
- Bus driver gratuity

PAYMENT: Any questions about payment please contact Ashby Marcey in the billing office.

FOOD/MONEY: Swimmers will need to bring money for two (2) food court lunches (\$8-10 each). Additional money for personal extras, such as extra snacks/drinks during the meet, meet t-shirts, etc., is left to your discretion.

COOLERS: All swimmers may bring a soft sided cooler for the bus and to use at the pool. The cooler must fit in the swim bag as the Greensboro pool does not allow outside food to be brought in and will stop swimmers with visible coolers. Please bring individual healthy snacks and drinks for your swimmer to have at the pool. We provide healthy snacks during designated snack time each afternoon prior to the meet.

CONDUCT: Swimmers are expected to follow all rules given by the coaches. If there is any behavior deemed inappropriate the coaches have the right scratch the swimmer and request their parents to pick their child up and return them home.

CHAPERONES: Thank you to everyone who volunteered to chaperone!

10&U Chaperones: Tracey Little, Thomas Leachman, Kelly Berger, Suzy Sleman, Michael Neese, Diana Tittermary, Theresa Mason, Katie Harrington, Chad Gillespie, Karen Cribbs, Michael Oberle

11/12 Chaperones: Rowena Callis, Jordan Bailey, Beverly Vincent, Matt Ridge, Bruce Berger, and Mathew Mayr

Trip Manager: Julie Farney

PARENTS WHO MAY CHOOSE TO ATTEND THE MEET:

While on the team trip all NOVA swimmers are the full responsibility of chaperones and coaches. Swimmers must travel by bus at all times. Swimmers may not go to parents' hotel rooms, to sleep, eat or visit. Swimmers may not go off on their own with parents at any time during the meet. These standards are for the safety and control of the entire group of swimmers.

WHAT TO PACK:

Swim bag to take to and from the meet.
NOVA team suit, Aquablade and/or Fastskin
Goggles (may want to send an extra pair)
Red NOVA caps
Black NOVA finals cap, if you already have been given one
Bag for clothes/ towels/ NOVA apparel/ shoes, etc.
Books/ music/ games/ movies for the bus trip
Cooler/ snacks/drinks
**Please label your swimmer's name on everything!

CELL PHONES: Swimmers may bring a cell phone on the trip, however it should only be used to call family members after meet sessions. If a cell phone is brought, it is not allowed on the pool deck or to be used during a meet session. Chaperones and coaches reserve the right to confiscate cell phones used at inappropriate times or for inappropriate reasons, and may collect cell phones during rest time or at night. Both chaperones and coaches have cell phones in case of emergency, and swimmers may use these to call home after meet sessions, so it is certainly not necessary for swimmers to bring a cell phone.

In past years we have had some swimmers bring their own personal DVD players, I phones, I pads and gaming systems. That is fine, but the standard for appropriate movies remains the same (G and PG only). It is the swimmers' responsibility to keep up with any expensive electronics they choose to bring. Chaperones and coaches will not be held responsible if these things are lost.

QUESTIONS/EMERGENCY CONTACT: We are happy to answer any questions you may have prior to the trip. Please address questions to the coaches or Julie Farney at julie.farney@verizon.net. In case you have an urgent need to reach us during the trip please contact Julie Farney at cell number (804) 338-8204.