

CENTRAL ZONE SENIOR CHAMPIONSHIPS

August 5 – August 8, 2010

MEET LOCATION: Bismarck State College
1601 Canary Avenue
Bismarck, ND 58503

HOTEL: Hampton Inn
1440 Mapleton Avenue
Bismarck, ND 58501
701-751-3100

This is a team trip. We will provide transportation, but as this is the first year for Senior Zones, swimmers may also travel with their family. Swimmers who travel with the team and leave with their family at the conclusion of their events will still be billed as if they traveled with the team for the entire trip.

COST: This trip will be _____ per swimmer. Meals will be billed as separate cost on your *Kansas City Blazers* monthly account in your September bill. If your account is not current as of July 20th you will be called by Denise Holm or Rosemary Alberty and asked to mail this payment to her by July 27th to go on the trip. The cost of this trip will be partially offset by funds raised from Swim-A-Thon.

NOTE: Be sure to bring any special breakfast food. Eat breakfast before boarding the bus. The hotel does provide a basic breakfast. Be sure to have enough snack food for after finals.

SPECIAL:

1. We will leave **Wednesday, August 4th** at 6:45am (please arrive by 6:30).
2. Tuesday night pack a meal and snack for bus trip. All breakfasts provided by hotel. All other dinners and lunches will be team meals.
3. We will not swim Wednesday- the trip is expected to take the entire day on Wednesday.
4. We will do team meals. You will be asked to pre order meals via e-mail prior to the trip.
5. Special: **All swimmers should shave down at home** -Tuesday night
6. Please inspect your athlete's bags for this trip. Make sure all items are appropriate and in compliance with code of conduct.
7. We will drive through the night of August 8th to return to **Sears Grand parking lot the morning of the 9th.**
8. **Please review the Code of Conduct that you and your swimmer signed with registration and also discuss your family expectations for behavior.**

SCHEDULE: THURSDAY-FRIDAY - SATURDAY - SUNDAY

6:00 am	Wake up, stretch out and visualize today's performance & activities
6:00-6:30 am	Eat breakfast in rooms or buffet
6:30 am	Load vans/Bus
6:45-7:45 am	Warm-ups
8:30-8:50 am	Second warm-up
9:00 am	Meet starts

1:00 pm	Meet should be over
1:00-3:30 pm	Lunch and relax – Team lunch hotel
3:30 pm	Load bus/vans
3:30 pm	Team meeting – Bus daily
4:00-5:15 pm	Warm-up
5:30 pm	Finals, meet should be over around 8:30 pm
8:30-10:00 pm	Back to motel – Team dinner hotel
10:00 pm	Lights out

Have team suits, warm ups, shirts, caps, parkas, etc.

Notes:

- 1) Sunday after finals they will be served box meals on the bus trip home. If you are planning on taking your child home please send a note to Rosemary Albery and we will not order Sunday night meal. rosemaryalbery@yahoo.com
- 2) Bus will return Monday morning to Sears Grand on Shawnee Mission Parkway – West side of the building and swimmers will call to confirm time.