

2010 Vermont Swim Association State Championships

at the Upper Valley Aquatic Center, White River Junction, Vermont

Additional meet information is available on the VSA website at <http://www.vtswim.org/>

Information for Parents and Coaches

Getting to the Meet

- **Directions:** The Upper Valley Aquatic Center (UVAC) is located at 100 Arboretum Lane in White River Junction, Vermont 05001. (Arboretum Lane may not be on your GPS unit or web map applications – Arboretum Lane is across Route 5 from 1 Wright Reservoir Rd, White River Junction)
 - At the junction of Interstates I-89 and I-91 in Vermont, go north on I-91 and immediately take Exit 11 for White River Junction.
 - Turn left off the exit (before the stop light) on to Route 5 South.
 - Follow Route 5 immediately under the interstate
 - Travel ½ mile, go under the other interstate, and take the next left on to Arboretum Lane.
 - UVAC is the only building on Arboretum Lane.
 - [http://www.uvac-swim.org/About UVAC/directions.html](http://www.uvac-swim.org/About_UVAC/directions.html)
- **Parking:** Free but limited parking is available at the facility and on Arboretum Lane. Carpooling or shuttling from the hotels is appreciated.
 - Do not attempt to drive over any curbs. The granite curbs are sharp and have been known to bite and permanently disfigure tires.

Team Work Assignments

This meet is sponsored by the Vermont Swim Association but it takes the effort of all teams to make the meet run and to provide the swimmers the best opportunity for a good, fast, championship meet.

- **Team Work Assignments** and **Warm-up Assignments** are posted on the meet information website. <http://www.vtswim.org/>
- All teams have **work assignments**. Please be prompt for your assigned job and arrange with your fellow parents to provide coverage for that job session.
- **Morning work assignments carry through the lunch sessions.** Work assignments for the morning sessions include providing that same coverage for the lunch sessions. Timers should be back in place at 11:20.

Before the Meet

- Please contact your coach if your child will not be able to attend the meet. The coach needs to know to not look for your child (or put him/her in a relay).
- Swimmers should be ready on the pool deck at the start of your team's assigned warm-up period.

During the Meet

- **Parents are not allowed on the deck** of the competition pool. Only swimmers, coaches, officials, and workers are allowed on the competition pool deck.
- Please **do not use flash photography at the start of a race**. Timers are instructed to watch for the strobe light that goes off with the sound of the beep. Camera flashes look a lot like strobe lights. We do not want excited parents confusing the timers.

- This is a pre-seeded meet. **There is no Bullpen.** Heat and lane assignments will be listed in the program and posted on the pool deck (and outdoors – weather permitting). Programs with heat and lane assignments will be available for parents to purchase. Coaches and swimmers are responsible for ensuring swimmers are behind the blocks at the correct time. Workers (Lane Shepherds) have been assigned to the morning sessions to help line up swimmers behind the blocks.
- The **times on the scoreboard are always unofficial.** All touchpad (scoreboard) times are compared to back up button times and stop watch times to determine the final time. Not all swimmers touch the pads well at the finish of a race. So a swimmer from a previous heat may have gone faster than listed on the scoreboard. Only coaches can approach the timing table to question posted results.
- **Results will be posted** on the pool deck and in the balcony lobby. Results will also be posted on-line throughout the meet at http://www.uvac-meets.org/2010/VSA_Aug/ . Psych sheets for each event are currently posted on the uvac-meets site.
- Please do not stand or sit in the walkway for the bleachers. Go to a bleacher seat and sit down. The walkway must remain clear for emergency egress.
- All **Seniors** (swimmers who graduated from high school this year) will be recognized at the start of the Sunday afternoon session.

End of the Meet

- **Team trophies** will be awarded at the end of the Sunday afternoon session.
- **Awards** will be available at the end of the meet on Sunday. A team representative will pick up all the awards. Medals will be given for individual and relay places 1-6. Ribbons will be given to individual places 7-24 and relay places 7-8.

Using the Facilities

- The facility is open to UVAC members and the public throughout the weekend. Some parking spaces will be blocked off for members. Please obey the signs.
- Please **follow the instructions** of the facility and meet staff.

Inside the Facility

- **The splash park pool and fitness room can be used during the meet. Purchase a day use pass at the front desk.** Day passes are \$7 for children (3 - 18) and Seniors (65 or over) and \$15 for adults or \$20 for the combination of an adult and a child under 14. Meet swimmers cannot use the splash park unless they are wearing a band representing they have purchased a day pass for the day.
 - The splash park includes three 25 yard lap lanes, a current channel (lazy river), a play structure, a two story slide, and lots of water.
 - Meet swimmers should not be using the splash park without approval from their coach. They are here to compete in a championship meet, not expending energy playing in the other pool.
 - You may choose to pay to let siblings play in the splash park as a reward for having to watch brother or sister swim in yet another meet. Parents must accompany children (under 14) to the splash park. The accompanying parent must also pay for a day pass.
 - Parents may choose to buy a day pass to use the fitness equipment. It might make those warm-ups go faster.

- **Cell phones** may not be used in the locker rooms, showers, or rest rooms. (It's a privacy thing due to all the phones with cameras.)
- **Please keep food outside.** Food is not allowed on the pool deck. Coolers must remain in your outdoor tent area.
- **There is no smoking in or around the facility.** There is no smoking within 500 feet of the facility.

Outside the Facility

- **Tents/tarps may be set-up outside** on the left side of the building. Please follow the instructions. No tents or tables may be set up in the grassy lane between the bushes. (It will be more obvious when you are there). The grassy lane is actually a fire lane. Tents/tarps may be kept up overnight. Tents may be set up Friday night between 6:00 and 7:30. Vermont Swim Association and the Upper Valley Aquatic Center take no responsibility for the security, safety, or anything else related to the tents and anything left overnight.
- **Do not drive on the grass.**
- **Entering the facility from the concessions/tents area.** Swimmers and coaches can go between the tents and the pool deck through the door by the locker rooms (pool side of locker rooms). A worker will be posted at the swimmer entrance to help control traffic and to hose off dirty feet and shoes. Parents will need to use the front entrance.
- Note that the **tent area is covered with green grass and weeds not necessarily lush grass.** It is probably wise to wear shoes/sandals when outside.

Stuff to Buy: Concessions/Programs/T-Shirts/Vendor

- The Connecticut River Valley Stingrays (Springfield team) will be running a concession stand in operation throughout the meet. While there is a small deli vendor in the facility lobby, VSA participants and spectators are encouraged to go to the concessions tent for your food and beverage needs. Support your swim teams.
- Programs with meet information and heat and lane assignments will be on sale.
- 2010 Vermont Swim Association State Championships commemorative T-shirts will be on sale.
- A suit and swimming supplies vendor will also be on site throughout the meet.

We welcome you to the Upper Valley and the Upper Valley Aquatic Center. Please enjoy your stay.