



## Seton Swimming 2020 VISAA State Swimming Championship

Just print this document, scan it for the stuff you need to know ASAP, then bring it with the other attachments posted on the web site. It has everything you need to know about our trip to the State Championship Swim Meet from Friday to Saturday, February 14-15<sup>th</sup>, 2020:

### Anticipated Attendance:

- The following 48 swim team members, coaches and parents are joining us at States for Team meals and gatherings:

2020 Seton VISAA State Championship Team

Teammember	Shirt Size	Parent(s) Attending	Adult Responsible	Lodging	Staying to Help at House
<b>Girls</b>					
Teresa Bingham	Has One	Michael	Michael Bingham	House/Hotel	
Lily Byers	M		Melissa Alsup	Hotel	
Emily Flynn	Has One	Terry	Terry Flynn	Hotel	
Caroline Griffin	Has One	Therese	Therese Griffin	Team House	Upstairs Master
Anne Konstanty	Has One		Hank Konstanty	Hotel	
Isabelle Luevano	Has One	Alexandra Everardo	Alexandra Luevano	Team House	Upstairs Guest 2
Kathleen O'Malley	Has One		Kevin O'Malley	Hotel	
Mary O'Malley	S	Kevin	Kevin O'Malley	Hotel	
Mary Pennefather	Has One		Alexandra Luevano	Team House	Upstairs Sofa
Mary Clare Waldron	M		Alexandra Luevano	Team House	Upstairs Sofa
Katie Dealey	Has One		Bill Dealey	Team House	Upstairs Sofa
Elena Morano	L		Melissa Alsup	Hotel	
Lauran Curley	L		Kimberly Dalrymple	Hotel	
Callie Couture	L		Melissa Alsup	Hotel	
<b>Boys</b>					
Jacob Alsup	Has One	Melissa	Melissa Alsup	Team House/Hotel	Basement Guest 1
Joey Arnold	M		Melissa Alsup	Hotel	
Christian Ceol	Has One	Dawn Ed	Dawn Ceol	Hotel	
Drew Dalrymple	Has One		Kimberly Dalrymple	Hotel	
Jerry Dalrymple	Has One		Kimberly Dalrymple	Team House	Basement Sofa
Liam Kellogg	M		Julie Fioramonti	Julie's House	
Shane Koehr	Has One		Jim Koehr	Team House	Basement Guest 1
John McGrath	M	Mike	Mike McGrath	Hotel	
Nathan Luevano	M		Alexandra Luevano	Team House	Basement Sofa
Evan Wilson	Has One	Dave	Dave Wilson	Hotel	
Joe Wilson	M		Dave Wilson	Hotel	
Jeremy Kleb	L		Jim Koehr	Team House	Basement Guest 1
Justin Fioramonti	Has One		Julie Fioramonti	Julie's House	
Dominick Tolentino	M		Melissa Alsup	Hotel	
Patrick Wood	L		Melissa Alsup	Hotel	
<b>Other Coaches/Officials</b>					
Bill Dealey	Has One			VT Dorm	
Charles Seltman	Has One	Katherine		Hotel	
Jim Griffin	XXL			Team House	Upstairs Master
Hank Konstanty	Has One			Hotel	
Pat Mulhern	Has One			Team House	Basement Master
Kimberly Dalrymple	Has One			Hotel	Upstairs Guest 1
Jim Kochr	Has One		Kimberly Dalrymple	Team House	Basement Guest 1

### Meal Count:

Kids:	29
Adults:	19
<b>Total:</b>	<b>48</b>

## **Trip Overview**

The trip to Christiansburg will be from Thursday to Sunday, February 13<sup>th</sup> to 16<sup>th</sup>:

- On Thursday, we will leave straight from breakfast at IHOP for Richmond to attend the Virginia March for Life
  - From the March we will head straight to the Christiansburg Aquatic Center for a warm-up
  - After Warm-up, we will go to our Team House on Claytor Lake for a team dinner
- On Friday, we compete in the first half of the meet, the 200 Medley Relay through 100 Butterfly.
  - Prelims are in the morning and Finals for the top 16 qualifiers are at night
  - We will gather at the Team house in between
- On Saturday, we repeat the routine for 100 Free through the 400 Free Relay
  - We'll end the weekend with a party at the house on Saturday night

## **General Information:**

1. The VISAA Swimming Committee is posting all information about the State Championship meet at <https://www.swimcloud.com/results/145873/>
  - a. Psych Sheets, Heat Sheets, Results and other information will available there
    - i. There may or may not be meet programs that accompany your admission. It is probably safe for you to go to this site and print one in advance and bring it with you.
  - b. The meet will also be on Meet Mobile for all meet information
  - c. Meet Mobile, an app on your Android or iOS smartphone
    - i. Download it from the App Store. Do not accidentally select Mobile Meet
  - d. I will also be posting results on [www.setonswimming.org](http://www.setonswimming.org)
  - e. I will append the Psych Sheet to this document, once it is available
  - f. The Woodberry Forest School Production Network (WFSPN) will be providing a commentated, live stream of the entire swimming portion of the meet this year at <https://www.wfspn.org/listen-now>
2. We are responsible for timing in Lane 5 for both Friday and Saturday Preliminaries.
  - a. Mrs. Alsup, can you please make sure we have this handled?
3. Entry to the meet requires a paid admission – and it is not cheap
  - a. General Admission Fees, which include a Meet Program:
    - i. Friday (any or all sessions): \$10 per person.
    - ii. Saturday (any or all sessions): \$10 per person.
    - iii. Family Rate (2 adults + 3 children): \$30.00 per day.
      1. Children under 6 are free.
      2. Team members in uniform are free.
  - b. VISAA is using Ticket Spicket for on-line advance ticket sales this year.
    - i. Tickets are redeemable from your cell phone
    - ii. There are three ways to purchase tickets:
      1. Go to <https://events.ticketspicket.com/agency/d6cc88b4-bd16-4334-8821-33a74ebf96ca>
      2. Download the Ticket Spicket mobile app, or
      3. Text “VISAA” to 31996 to receive a direct link to purchase tickets
4. Spectator Seating at the venue is excellent with a raised seating area around two (2) sides of the pool.
  - a. There will be no Watch & Go Seating
  - b. You are going to want to get there early if you want to be along the side of the pool, but there are not a lot of bad seats.
5. Team Deck Seating
  - a. There will be a seating rotation on deck this year.
    - i. Once we know our group assignment, I will publish it here

b. Here is the rotation scheme:

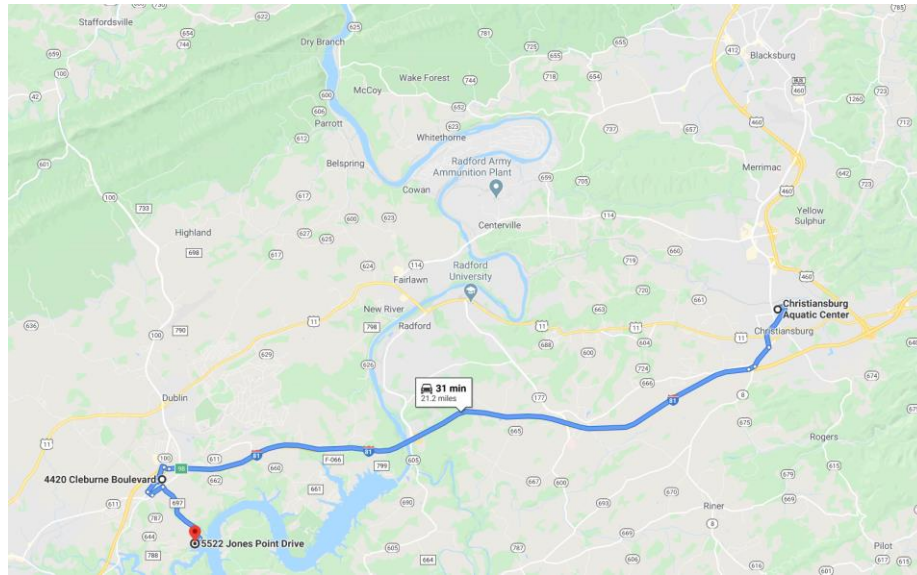
Group Number	Friday Prelims	Friday Finals	Saturday Prelims	Saturday Finals
1	A	B	C	D
2	B	C	D	A
3	C	D	A	B
4	D	A	B	C

- c. Captains will need to claim a space for us for each session
  - i. I'd bring a lawn chair
- d. We are well know in the VISAA, and I was on the Board for many years, so we must follow the rule that only Swimmers, Coaches and Officials are on deck.
  - i. Parents, please stay in the stands
6. Our team uniform for the entire meet is the Seton State Team Rugby shirt.
  - a. **No one** should be in our team area out of uniform
  - b. If you were on the team last year, you received a rugby shirt already
  - c. If you are new to the State team, Mrs. Lynch is getting you a shirt.
  - d. I will hand out shirts at IHOP on Thursday morning (see schedule below)
7. I have arranged with Mrs. Cooper for members of the State Team to be excused from school on Thursday and Friday.
8. Does anyone know who has the team banner?
9. There is a Senior Parade on Saturday night.
  - a. Details are in the Meet Announcement.
  - b. I'll leave it to Caroline and Mrs. Griffin figure out if the seniors want to wear anything special.
10. **Cost:**
  - a. **\$40 per person for food and celebrations for the entire weekend.**
  - b. **\$75 per person if you are staying at the house**
  - c. This amount will not cover the full cost of the weekend. Additional donations are welcomed
  - d. Checks made out to "Seton Swim Team" and given to Mrs. Dalrymple please.

### Team House and Hotel

1. We have a house for team meals and gatherings on Claytor Lake:
  - VRBO House called "Lake Rider" at **5522 Jones Point Drive, Dublin, VA 24084**
    - [Here's](#) a link to information on the house
    - The reservation is under "Jim Koehr"
    - Our contact for the house is Ceretha Powell at **New River Retreat**
      - (800) 916-9346
      - [guestservices@newriverretreat.com](mailto:guestservices@newriverretreat.com)
  - Check-in time is 4:00 p.m., but if we need to get in earlier, I can call and they will likely allow an earlier check-in if the house was not rented the night before
- The functions that will occur at the house to which everyone is invited:
  - Thursday night team dinner, around 6:15 p.m. after warm-up at the pool
  - Friday afternoon lunch and team fellowship
  - Saturday afternoon lunch and team fellowship
  - Saturday night post-meet Dinner and Party
- We are over the limit for occupants of the house, so please don't bring extra people without discussing it with me first.
  - Disobeying the VRBO or AirBnB rules on occupancy has limited our ability to do this in the past, so I don't want to repeat that same mistake.
  - Parking at the house:

- Park in the driveway. There should be plenty of room this year
- Most of the team is actually sleeping at the **Hampton Inn at 4420 Cleburne Blvd, Dublin, VA 24084**
    - You should have claimed a room in the Seton Swim Team room block by now
      - If you are participating fully in the planned events, then you will need a room from Thursday night, February 13<sup>th</sup> through Sunday morning, February 16<sup>th</sup>
    - Here's our hotel contact.
      - The Room Block is under "Kimberly Dalrymple, Seton Swim Team"
      - Phone: (540) 674-5700
  - The pool is 31 minutes (21.2 miles) from the Hampton Inn and another 8 minutes (3.0 miles) from the Team House on Claytor Lake
    - **The Christiansburg Aquatic Center** is at 595 N Franklin St, Christiansburg, VA 24073

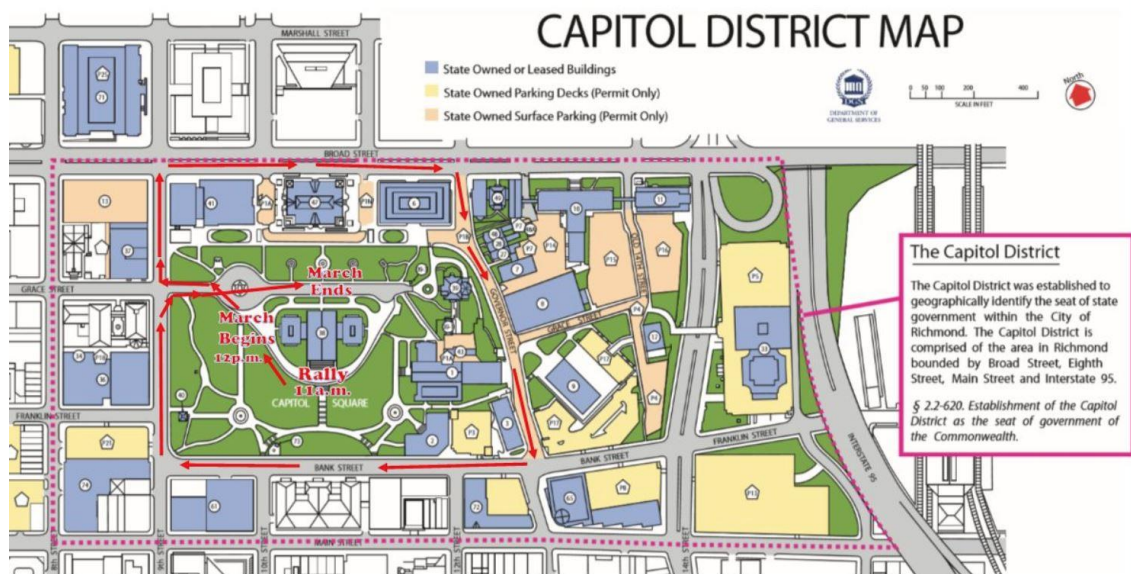


### Schedule:

#### Thursday, February 13<sup>th</sup>

- 7:30 a.m. - **State Team Breakfast at IHOP in Manassas Mall** at 8300 Sudley Rd, Manassas, VA 20109. Pay for your own. Wear your Rugby shirt or receive your shirt at breakfast.
- 9:00 a.m. - Leave for Richmond to participate in the **Virginia March for Life**
- 10:45 a.m. - Meet outside the parking garage at the Richmond Convention Center at **351 N. Third Street, Richmond, VA 23219**
- 11:45 a.m. - Virginia March for Life Rally on the steps of the Virginia State Capitol at **1000 Bank Street, Richmond, VA 23219**
- 12:45 p.m. - Virginia March for Life around the Capitol Grounds

## Virginia March for Life Route



- 1:30 p.m. – Get on the road for the Christiansburg Aquatic Center. It is 211 miles that will take 3 hours and 9 minutes, so we are probably going to have to leave the March a bit early.
- 4:45 p.m. - Meet on the deck of the Christiansburg Aquatic Center
- 5:00 p.m. - State Team warm-up in lanes x, x and x
- 5:45 p.m. - Return to the Team House
- 6:30 p.m. - Team Dinner
- 8:45 p.m. - Clear out the house, go back to the hotel and get in bed
- 9:30 p.m. - Get to sleep! This is a very long weekend, so let's not get into a sleep deficit on the first night

### Friday, February 14<sup>th</sup>

#### **Preliminaries**

- 6:45 a.m. - Leave the house or hotel for the pool. Eat a good breakfast before.
- 7:29 a.m. - Stretching on deck at the Christiansburg Aquatic Center
- 8:10 to 8:35 a.m. – Warm-up for Preliminaries in lanes x, x and x
- 8:15 a.m. - Officials meeting
- 8:30 a.m. - Coaches meeting
- 9:00 a.m. - Timers meeting. Three timers from Seton need to handle Lane 5
- 9:25 a.m. - National Anthem
- 9:30 a.m. - Preliminaries begin for:
- 200 Medley Relay
  - 200 Free
  - 200 IM
  - 50 Free
  - Bonus 50 Free
  - 100 Fly
- 12:00 p.m. – Team lunch and fellowship at the Team House

#### **Finals**

- 5:00 to 5:45 p.m. – Finals warm-up for Finalists (probably just for the one or both of our Medley Relays). It actually starts at 4:30 p.m., but we don't need to be there that early.
- 5:30 p.m. - Officials Meeting
- 6:05 p.m. – National Anthem

6:10 p.m. - Finals for 200 Medley Relay through 100 Fly  
8:30 p.m. - Leave Finals early for dinner at the Team house or better yet, at the pool earlier.  
10:00 p.m. - Get to bed!

### **Saturday, February 15<sup>th</sup>**

#### **Preliminaries**

6:45 a.m. - Leave the house or hotel for the pool. Eat a good breakfast before.  
7:29 a.m. - Stretching on deck at the Christiansburg Aquatic Center  
8:10 to 8:35 a.m. - Warm-up for Preliminaries in lanes x, x and x  
8:30 a.m. - Officials meeting  
9:00 a.m. - Timers meeting. Three timers from Seton need to handle Lane 5  
9:25 a.m. - Marcie Van de Voorde and Catie Moore sing the National Anthem  
9:15 a.m. - Preliminaries begin for:

- 100 Free
- 500 Free
- 200 Free Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Free Relay

1:00 p.m. - Team lunch and fellowship at the Team House

#### **Finals**

4:45 to 5:30 p.m. - Finals warm-up for Finalists (at least for some relays). It actually starts at 4:15 p.m., but we don't need to be there that early.  
5:30 p.m. - Officials Meeting  
5:50 p.m. - Seniors line up for Senior Parade  
6:00 p.m. - Senior Parade  
6:15 p.m. - National Anthem  
6:20 p.m. - Finals for 100 Free through 400 Free Relay  
9:10 p.m. - Awards Ceremony  
9:45 p.m. - Team Party at the Team house

#### **Attachments**

- Seton's Entries
- Warm-up Schedule
- Meet Timeline
- Psych Sheet
- VISAA Division breakdown
- Meet Announcement