



## Swim Team Travel Meet – FAQ

### GENERAL INFO

Q: What is a travel meet?

A travel meet is a swim competition where the team travels out of town, typically staying overnight in hotels, with group transportation, meals, and structured supervision.

Q: Who is allowed to attend?

Only swimmers in Dolphin Yellow, Age Group Blue, Age Group Yellow, Senior and Senior National that meet the meet requirements. Chaperones are selected volunteers. Parents do not travel with the team.

Q: Who handles meet entries?

Coaches will complete meet entries with swimmers directly. Events will be chosen based on training, goals, and meet focus. Parents are welcome to discuss goals with coaches in advance but final event selections are at coach discretion.

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## TRAVEL LOGISTICS

Q: How will the team travel?

The team will travel via rental vans driven by approved chaperones. All drivers will be screened and insured.

Q: What should swimmers pack?

A full packing list will be provided, but essentials include:

- Team suit + backup suit
- 2+ goggles
- Team gear (warm-up, t-shirts, cap)
- Towels (2-3)
- Toiletries
- Medications (must be self-managed)
- Casual clothes and sleepwear
- Snacks and water bottle
- Non electronic activities and games

Q: Will swimmers be allowed phones?

Phones are permitted only during approved times. Swimmers will not use phones during team meetings, meals, competitions, or after curfew. Chaperones will have phones 24 hours a day for any emergencies.

Q: Are swimmers insured for this trip?

Yes, swimmers are insured under their USA swimming insurance. Secondary personal insurance can be used as a supplement.

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## **HOTEL STAY**

Q: Where will swimmers stay?

The team will stay at Sheraton Greensboro Four Seasons (3121 W Gate City Blvd, Greensboro, NC 27407) with room assignments made by the coaching staff.

Swimmers will be assigned to share rooms with teammates who are of the same gender, within the same age group and practice group to ensure comfort and compatibility. Each room will accommodate a total of four swimmers. Room assignments will be made in advance, and efforts will be taken to group athletes who are familiar with each other whenever possible.

Q: Can parents request specific roommates?

No.

Q: Who supervises swimmers at the hotel?

Chaperones will be assigned to each group of rooms. They will conduct night checks, enforce curfews, and ensure safety throughout the stay.

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## **MEALS & SNACKS**

Q: How are meals handled?

Meals will be pre-ordered. Team meals are selected with nutrition and timing in mind.

Breakfast will be provided by the hotel.

Q: Can swimmers bring their own snacks?

Yes, swimmers are encouraged to bring healthy, team-approved snacks (no energy drinks or junk food please).

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## **MEDICAL & SAFETY**

Q: Who handles medication?

Swimmers must bring and manage their own medications. Chaperones may remind swimmers to take them but do not carry or administer any medication.

Q: What happens in case of injury or illness?

Chaperones and coaches are trained to respond to basic issues. Parents will be contacted immediately in any medical situation. Emergency contacts must be on file.

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## **COSTS & PAYMENTS**

Q: How much does the trip cost?

The cost of the trip is \$490. Fees typically cover transportation, lodging, meet entry, meals, and chaperone expenses. The deadline to RSVP is September 25th.

Q: How is payment handled?

\$100 deposit is due at registration. \$390 will be billed October 1st with monthly dues.

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## **FOR CHAPERONES**

Q: What are chaperones responsible for?

Chaperones oversee:

- Swimmer supervision during travel, meals, hotel stays
- Managing room assignments and curfews
- Coordinating meals and collecting receipts
- Driving vans (the team and rental car insurance covers all chaperones)
- Liaising with coaches

Q: Do chaperones pay for the trip?

No. All chaperone expenses are covered by the team.

Q: Can chaperones bring family members?

No. Chaperones are not permitted to bring spouses, children, or other family members on the trip. This ensures full focus on athlete supervision and team needs.

Q: Are there any training or background checks?

Yes. Chaperones must complete:

- Background Check
- Athlete Protection Training (APT)

- USADA Training
  - Sign Codes of Conduct and Travel Policy
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## IMPORTANT DATES

| Date        | Item                                    |
|-------------|-----------------------------------------|
| August 10th | Greensboro Meet Commitment Opens        |
| Sept. 20    | Deadline to volunteer as chaperone      |
| Sept. 25    | Chaperone list finalized                |
| Sept. 25    | Greensboro Registration Deadline        |
| Oct. 8      | Mandatory Zoom Chaperone Meeting – 7 PM |
| Oct. 8      | Mandatory Zoom Chaperone Meeting – 8 PM |
| Oct. 10     | All chaperone requirements due          |

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## QUESTIONS?

Please contact Coach McKenzie at [coachmckenzie@email.com](mailto:coachmckenzie@email.com) with questions.