



“Actively supporting our athletes as they reach for the stars.”

Mt. Hood Team Meet Gresham, OR – June 17-20, 2010

Coaches' Comments

This meet is an excellent opportunity to travel as an entire team to Oregon. There are two concurrent meets at the same site (one long course and one short course). Everyone qualifies for one of the meets. There will be a team dinner Saturday evening. Swimmers may travel either with parents or the team.

Travel Responsibility

This event is not endorsed or sponsored by Metro Parks Tacoma. Metro Aquatics Boosters will organize and coordinate all travel and competition. Our USA Swimming memberships allow for complete coverage throughout the trip. For further information about this, please contact Dane Wolfrom at 253-265-3741.

General information for athletes *traveling with parents*

- 1) The meets starts Thursday and continues through Sunday. Please make certain you speak with your coach to find out what days you qualify for, and communicate when you will be arriving.
- 2) We have blocked rooms for the team. More detail will follow.
- 3) Swimmers should be prepared to attend the team dinner on Saturday.
- 4) The cost of this trip, including meet fees and a team shirt is \$50. Please make certain your escrow account is adequately funded.

General information for *traveling with the team*

- 1) We will be traveling together, staying at the same hotel together, and eating together for this meet. Swimmers will be asked to wear Metro Aquatics attire during the trip.
- 2) Some swimmers will leave Thursday, and some Friday, depending on when your races begin. Please communicate with your coach when you will be able to leave.
- 3) Metro Aquatics Boosters will be providing transportation for part
- 4) icipants. Coaches and/or chaperones will be responsible for athletes at all times. Swimmers will be returned to their homes at the conclusion of the trip Sunday evening.
- 5) We will be staying at the Holiday Inn Stark St in Portland. Reservations have already been made for all the swimmers and coaches.
- 6) The cost of this trip, including travel, hotel, breakfasts, meet fees, and a team shirt is \$180. Scholarships are available for the hotel portion.
- 7) Swimmers need to bring meal money with them. \$15-\$25 per day is recommended. Coaches can hold money for swimmers if necessary.

Itineraries and meet entry sheets will be distributed to participants one week prior to departure.

For further information, please contact Coach Dane (253-265-3741).

ALL CHECKS FOR THIS TRIP MUST BE PAYABLE TO “METRO AQUATICS BOOSTERS”

Please return this bottom portion to your coach by May 4 if you intend on participating.

- [] I will be travelling with the team to Gresham, OR. I am available to leave: Thursday AM Friday AM
 Thursday PM Friday PM
- [] I will be travelling with my parents to Gresham, OR. I am available to leave: Thursday AM Friday AM
 Thursday PM Friday PM

Swimmer's Name: _____