

**GMA Team Travel Trip
2010 FLA Speedo Championship Meet
Fort Lauderdale Aquatic Center
March 18th-22nd, 2010**

TEAM ITINERARY

Thursday, March 18th, 2010

Fly from Burlington to Fort Lauderdale for arrival no later than 1:00 p.m.

2:00 p.m. Check into the Bahia Mar hotel in Fort Lauderdale
2:45 p.m. Walk to the Fort Lauderdale Aquatic Complex
3:30 p.m. Meet warm-up
5:00 p.m. Meet start (Women's 1500 Free, Men's 800 Free, 200 Meter Free Relay)
8:00 p.m. Team Dinner
10:00 p.m. LIGHTS OUT

Friday, March 19th, 2010 – Sunday, March 21st, 2010

6:00 a.m. Breakfast at the hotel
6:30 a.m. Walk to the pool
8:00 a.m. Morning prelims start
12:00 p.m. Team Lunch
1:00 p.m. Rest Time
3:00 p.m. Snack
3:30 p.m. Walk to the pool
4:00 p.m. Meet warm-up
5:00 p.m. Evening finals start
8:00 p.m. Team Dinner
10:00 p.m. LIGHTS OUT

Monday, March 22nd, 2010

Fly from Fort Lauderdale to Burlington, Leaving Fort Lauderdale no later than 11:30 a.m.

PLEASE PLAN TO ATTEND PRACTICE ON TUESDAY!!

FAMILY INFORMATION BASICS

Travel Information

	NAME	AIRLINE	DATE	DEPARTURE	ARRIVAL
<i>Transport from Airport to Hotel</i>	<i>TRAVEL TO FT. LAUDERDALE</i>				
Airport Shuttle	Carolyn Hancock	US Airways	3/18/10	BTV 6:00 a.m. DC 7:50 a.m.	DC 8:30 a.m. FLL 11:12 a.m.
Airport Shuttle	Kyle Hancock	US Airways	3/18/10	BTV 6:00 a.m. DC 7:50 a.m.	DC 8:30 a.m. FLL 11:12 a.m.
Airport Shuttle	Nick Spaniel	US Airways	3/18/10	BTV 6:00 a.m. DC 7:50 a.m.	DC 8:30 a.m. FLL 11:12 a.m.
Airport Shuttle	Anne Marie Vayda	US Airways	3/18/10	BTV 6:00 a.m. DC 7:50 a.m.	DC 8:30 a.m. FLL 11:12 a.m.
Airport Shuttle	Laura Matuszak	Continental	3/18/10	BTV 6:06 a.m. EWR 7:30 a.m.	EWR 8:50 a.m. FLL 11:55 a.m.
Airport Shuttle	Becky Anderson	Continental	3/18/10	BTV 6:06 a.m. EWR 7:30 a.m.	EWR 8:50 a.m. FLL 11:55 a.m.
Airport Shuttle	Rachael Bradford-Feldman	Continental	3/18/10	BTV 6:06 a.m. EWR 7:30 a.m.	EWR 8:50 a.m. FLL 11:55 a.m.
Airport Shuttle	Evan Grey	Continental	3/18/10	BTV 6:06 a.m. EWR 7:30 a.m.	EWR 8:50 a.m. FLL 11:55 a.m.
Airport Shuttle	Jenna Griffith	Continental	3/18/10	BTV 6:06 a.m. EWR 7:30 a.m.	EWR 8:50 a.m. FLL 11:55 a.m.
Airport Shuttle	Michael Winget	Continental	3/18/10	BTV 6:06 a.m. EWR 7:30 a.m.	EWR 8:50 a.m. FLL 11:55 a.m.
Cab with Laurie Albert	Christa Weaver	JetBlue	3/18/10	BTV 6:00 a.m. JFK 7:29 a.m.	JFK 9:37 a.m. FLL 12:58 p.m.
Cab with Laurie Albert	Laurie Albert	JetBlue	3/18/10	BOS 9:31 a.m.	FLL 1:02 p.m.
Cab with Laurie Albert	Krystyna Estrada	JetBlue	3/18/10	BOS 9:31 a.m.	FLL 1:02 p.m.
Cab with Laurie Albert	Kelsey McGovern	JetBlue	3/18/10	BOS 9:31 a.m.	FLL 1:02 p.m.
Pick up by Alison Karosas	Dylan Hadden	Delta	3/18/10	BTV 6:00 a.m. JFK 7:44 a.m.	JFK 10:41 a.m. FLL 2:00 p.m.
Pick up by Alison Karosas	Eileen Hall	Delta	3/18/10	BTV 6:00 a.m. JFK 7:44 a.m.	JFK 10:41 a.m. FLL 2:00 p.m.
	Alison Karosas	Traveling seperately			
	Tasija Karosas	Traveling seperately			

Travel Information

	NAME	AIRLINE	DATE	DEPARTURE	ARRIVAL
<i>Transport from Airport to Hotel</i>	<i>TRAVEL FROM FT. LAUDERDALE HOME</i>				
Cab	Carolyn Hancock	US Airways	3/22/10	FLL 6:15 a.m. PHL 8:54 a.m.	PHL 9:30 a.m. BTV 10:56 a.m.
Cab	Kyle Hancock	US Airways	3/22/10	FLL 6:15 a.m. Phil 8:54 a.m.	PHL 9:30 a.m. BTV 10:56 a.m.
Cab	Nick Spaniel	US Airways	3/22/10	FLL 6:15 a.m. PHL 8:54 a.m.	PHL 9:30 a.m. BTV 10:56 a.m.
??	Dylan Hadden	Delta	3/22/10	FLL 6:50 a.m. JFK 9:47 a.m.	JFK 2:30 p.m. BTV 4:04 p.m.
??	Eileen Hall	Delta	3/22/10	FLL 6:50 a.m. JFK 9:47 a.m.	JFK 2:30 p.m. BTV 4:04 p.m.
??	Laurie Albert	JetBlue	3/22/10	FLL 7:00 a.m.	BOS 10:05 a.m.
??	Krystyna Estrada	JetBlue	3/22/10	FLL 7:00 a.m.	BOS 10:05 a.m.
??	Kelsey McGovern	JetBlue	3/22/10	FLL 7:00 a.m.	BOS 10:05 a.m.
??	Anne Marie Vayda	JetBlue	3/22/10	FLL 7:00 a.m. JFK 9:55 a.m.	JFK 11:05 a.m. BTV 12:21 p.m.
	Christa Weaver	JetBlue	3/22/10	FLL 7:00 a.m. JFK 9:55 a.m.	JFK 11:05 a.m. BTV 12:21 p.m.
??	Becky Anderson	Delta	3/22/10	FLL 8:30 a.m. LGA 11:30 a.m.	LGA 12:29 p.m. BTV 2:09 p.m.
Airport Shuttle	Laura Matuszak	Delta	3/22/10	FLL 9:30 a.m. DTW 12:37 a.m.	DTW 1:50 p.m. BTV 3:38 p.m.
Airport Shuttle	Rachael Bradford-Feldman	Delta	3/22/10	FLL 9:30 a.m. DTW 12:37 a.m.	DTW 1:50 p.m. BTV 3:38 p.m.
Airport Shuttle	Evan Grey	Delta	3/22/10	FLL 9:30 a.m. DTW 12:37 a.m.	DTW 1:50 p.m. BTV 3:38 p.m.
Airport Shuttle	Evan Grey	Delta	3/22/10	FLL 9:30 a.m. DTW 12:37 a.m.	DTW 1:50 p.m. BTV 3:38 p.m.
Airport Shuttle	Michael Winget	Delta	3/22/10	FLL 9:30 a.m. DTW 12:37 a.m.	DTW 1:50 p.m. BTV 3:38 p.m.
	Tasija Karosas	Traveling seperately			
	Tasija Karosas	Traveling seperately			

Meet website:

<http://www.flaswim.com>

Lodging Information

Bahia Mar Beach Resort

801 Seabreeze Boulevard

Fort Lauderdale, FL 33316

<http://www.bahiamarhotel.com/>

Team Rooming List:

Room # 1

Laura Matuszak, Eileen Hall, Laurie Albert

Room # 2

Becky Anderson, Krystyna Estrada, Christa Weaver

Room # 3

Kelsey McGovern, Anne Vayda, Jenna Griffith, Rachael Bradford Feldman

Room # 4

Carolyn Hancock, Kyle Hancock

Room # 5

Alison Karosas, Tasija Karosas

Room # 6

Dylan Hadden, Nick Spaniel, Evan Grey, Michael Winget

Laura's Cell Phone - (802) 238-9168

Please read and sign the following Code of Conduct:

GMA Team Travel Trip Policies and Code of Conduct

All swimmers participating in the training trip are expected to follow all of the rules and standards set by the coaches and the chaperones on the trip.

1. You will be expected to travel with the group at all times unless you have made other arrangements ahead of time that have been approved by the coaches. You are NEVER permitted to travel alone. Please use the buddy system at all times and stay with your assigned trip group.
2. You are expected to be on time for all team meals, team meetings and departures. You are expected to warm-up with the team at EVERY warm-up session, regardless of your participation in the session. Please check in with your chaperones at the assigned times. Failure to do so will result in your immediate return home at the expense of your parents.
3. A signed medical release is on file for the swimmers with the coaches. Any serious medical condition will be communicated to the parents of the participants as quickly as possible.
4. Please remember that you are representing the Green Mountain Aquatics and New England Swimming. You are expected to present the best possible image of the team at all times. We expect polite, courteous behavior when traveling, at the hotel and on deck.
5. There will be a swim vendor and a concessions area away from the pool deck. You are expected to let your coach know when you leave the deck to visit these areas.
6. Once the team has arrived at and entered the pool, no swimmer is allowed to leave the building until the time of team departure unless accompanied by a coach or chaperone.
7. No swimmer is allowed to leave the hotel for any reason other than team departures.
8. At the hotel, no swimmer should be in a room of the opposite sex for any reason unless a chaperone or coach is present.
9. A coach or a chaperone MUST ALWAYS know where you are whether at the pool or at the hotel.
10. The consumption or purchase of alcohol, smoking, or chewing tobacco, or use of any other illegal drug or substance of any kind will not be allowed. In addition, any team member found or suspected to be in the presence of others (regardless of team affiliation) partaking in any of the above activities will be subject to the same punishments. The consequences for the illegal use of these substances may result in the swimmers' expulsion from the team.
11. Any damages or thievery incurred during the trip will be at the expense of the swimmers and further disciplinary action will be taken. No loud or boisterous behavior will be tolerated in the hallways or public areas, and such behavior should be kept to a minimum in your rooms. Make all long distance calls on your cell phone, using a credit card or collect. Cell phones and computers will be used responsibly or will be confiscated by a coach or chaperone for the duration of the trip.
12. You are expected to be shining example of team spirit, cheering and sportsmanship at all times while on the team travel trip. Nothing but the best attitudes and effort will be tolerated.

These travel regulations have been set with your safety in mind. We want you, and future participants, to benefit from this experience in the most positive way. By working together and acting responsibly, every participant in assured a wonderful team event. **INFRACTIONS OR VIOLATIONS OF THESE POLICIES WILL RESULT IN A SWIMMER RECEIVING DISCIPLINARY ACTION OR IN BEING SENT HOME EARLIER THAN SCHEDULED AT THE PARENTS EXPENSE.**

I have read the policies outlined above and agree to abide by them

Swimmers' signature _____

I have read the policies and agree with them in their entirety.

Parents' signature _____