

Dynamo Meet Updates (January 2, 2017)

Meet Invitation: <http://www.crawfishaquatics.com/calendar/dynamo-eastern-classic>

Meet Entries: We will post by Friday this week once they have been submitted to meet host.

Host Families:

- These are being finalized by Dynamo
- If your child will no longer be staying with a host family, please email ASAP
- We will provide contact info for families once this is received

Travel notes:

1) Getting to and from New Orleans Airport is athlete's responsibility on Friday departure and back home from airport on Monday.

2) In Atlanta. Pool address- 3119 Shallowford Road, Chamblee, GA 30341

Friday Arrival:

-Athletes staying with host families that will be placed in cars with other families to be transported to the pool on Friday (where they will meet their host family) and back to the airport on Monday after the meet.

-Monday Departure: We will depart for the airport following the meet.

Transportation Assistance in Atlanta

-If you will have additional space in your rental car to transport a senior athlete traveling without parents and staying with a Host Family (would drive them from the airport to the Dynamo pool on Friday and then back to the airport from the pool on Monday), please email with the number of seats you have open.

-If you are not attending with your athlete but have already arranged for them to ride with another family once in Atlanta, please email who will be responsible for their transport.

-Coaches will ensure that all athletes are accounted for at each transition point of the trip.

-Transportation to and from the New Orleans airport is the athlete/individual family's responsibility.

Friday Practice:

1) Morning: Athlete has option to go to their site pool in morning and do 1000-2000 loosen

2) Evening: Light swim practice at Dynamo approximately 6:00pm. This warm up is required for all in the meet.

Meet Notes:

-Saturday and Sunday prelims and finals for 11 & Older. Top 20 will return for finals (top 10 for 13 & Older 500 Free & 400 IM).

-10 & unders do not swim finals.

-Monday is timed finals for all age groups.

-The meet is short course yards for all sessions.

-We will need to provide timers each day of the meet.

- Officials interested in volunteering, email referee Doug Kintz (cdkintz@earthlink.net)

-The host will have two televisions showing the meet on deck in the indoor SC pool that are delayed 10 minutes, so athletes can see their races after they are completed. It will continuously run.

Team Picture on Friday:

-We will take a group picture in the team suits at the pool either before or after the Friday practice.

Suits for Meets:

-In preliminary sessions, team suits are required and if athletes qualify for finals they can wear tech suits.
-Athletes swimming the 500 free during prelims and 10 & U may wear tech suit timed final events.

Outfitting:

-At the meet: We will keep Saturday as new logo Red shirts, Sunday as Black shirts and Monday blue 'Jackson Meet' shirts. Athletes should have their warm gear including warm ups, sweatshirts, parkas, warm hats, tennis shoes to wear on deck, etc. While on deck we want you wearing Crawfish Aquatics apparel.

-Friday travel: Athletes should wear jeans/khakis and a CA jacket or sweatshirt. Warm up pants, athletic pants not permitted for Friday travel.

-Return travel Monday: non-specified (choice)

Food:

-Meals are the responsibilities of the athletes and families (with exception of hosted athletes whose host families will be taking care of those athletes).

-During the meet for lunches and dinner, there are many nearby options for lunch and dinner.

-Athletes should have normal hydration and recovery products for the meet since it is a prelims and finals meet and nutritional recovery is so critical to success.

Meet Schedule:**Saturday and Sunday**

13-14 & Seniors Prelims

Warm-up: 8:00 AM, Meet: 9:30 AM

11-12 Prelims & 10 & Under Timed Finals

Warm-up: 12:30PM, Meet: 1:30 PM

**10 & Under do not swim at finals*

11-12, 13-14, and Senior Finals

Warm-up: 4:30 PM, Meet: 5:30 PM

Monday

10&U, 11-12, 13-14, & Senior Timed Finals

Warm Up: 7:00 AM, Meet: 8:30 AM

Flight Itinerary:*Departing Specifics*

- 1) The coaching staff will check in for all on the team in the group booked flight, on Thursday
- 2) Upon arriving at the airport go to the Southwest ticket counter and provide your ID and confirmation B29RD4 to obtain ticket and check bag/s
- 3) Head to gate and meet up with team

Flight Schedules

Friday January 13 MSY to ATL #1761 1:35-3:55PM

Monday January 16 ATL to MSY #116 4:50-5:25PM

Return Specifics

- 1) The coaching staff will check in for all on the team booked flight on Sunday between prelims and finals
- 2) Upon arriving at the airport go to the Southwest ticket counter and provide your ID and confirmation BW(RD4 to obtain ticket and check bag/s
- 3) Head to gate and meet up with team