

# **New England Zone All-Star Team Long Course 2005**

## **Recommended items to pack**

- A small cooler with your favorite healthy swim meet snacks and drinks.
  - If you have certain Powerbars, Gatorade drinks, breakfast bars and other items you like to eat at meets, please pack them yourselves.
  - DO NOT pack unhealthy food like chips, candy, cookies or soda. These will not help you perform your best.
- Several (4) towels, several (3) pairs of goggles, an extra suit (with NO team logo) and any swimming equipment that you want for warm-up and warm-down.
  - DO NOT plan to wear any of your home team apparel that contains your home team logo.
  - We are the New England Zone Team and you will be wearing ONLY the New England Team suit, cap, T-shirt, sweatshirt and shorts while at the swim meet and on deck. You are NOT permitted to wear any of your home team gear while on the trip.
- Your favorite pillow for the BEST night's sleep.
- A book, a deck of cards or any other items you like to have for quiet time.
  - DO NOT bring your most expensive CD player and your entire CD collection. You would not want to lose these items in Buffalo.
- A small amount (\$30.00 or so) of spending money for meals (2) on the road.
- Any video cassette movies (for the bus ride) that are appropriate either for 11 and older swimmers.
- Your team spirit and your enthusiasm to RACE your best!! GO NEW ENGLAND!!