

2011 Team Champs, Gatineau, Quebec

Date: April 28-May 1, 2011

Location: Centre Sportif de Gatineau, 850 Boul. De la Gappe

Hotel: Hotel Clarion, 111 Rue Bellehumeur (819) 568-5252

Transportation: 2 Buses

Departure: From the Beaconsfield Rec Center, **Thursday April 28th 6:30 pm**

- **All swimmers will have a short practice before we leave. The Elite and 4A groups will swim from 4:00 to 5:00 pm. All other swimmers will swim from 5:00 to 6:00 pm**
- **Swimmers are asked to have eaten Supper before we leave. You may choose to eat at home or bring your supper to the pool.**

Return: To the Rec Center, **Sunday May 1st, 10:30 pm (approximately)**

- Swimmers will be asked to phone home while on route to give a more precise arrival time, so that parents will be at the Rec Center when the Buses arrive.

Food: Swimmers should bring Breakfast for Friday, Saturday and Sunday mornings as there will not be sufficient time to eat out before morning warm ups. It is recommended that swimmers coordinate with their roommates (see rooming list) the foods, utensils, cooler etc that each will bring.

Three Lunches and one Supper will be eaten at the food court in the Mall across the street from our hotel. Swimmers should bring enough money for these 4 meals according to appetite. Minimum recommended amount is \$50.00. If the parents wish to have the Chaperones handle the swimmer's food money, **Please put the money in a small white envelope with the amount and swimmer's name written on the envelope and give this envelope to the chaperones before we leave on Thursday.**

We will be eating two pre-ordered Suppers at our hotel. On Friday night we will be having a Team Buffet Dinner and on Saturday night food will be ordered in to the hotel. The total cost of these two meals is **\$34.00. Please put the exact amount, in cash, in a small white envelope with the swimmer's name on it and hand it to the chaperones before we leave on Thursday.**

Swimmers should bring plenty of **healthy and nutritious snack foods** for in between meals, especially while at the pool.

Contact Number: If for any reason (disciplinary or health etc.) we need to contact the parent(s) we will use the phone numbers you have already provided at registration on the “Medical Form”. If these numbers are not appropriate, please write down the swimmer’s name and the new contact phone number on a piece of paper and hand it in to their coach before our departure on Thursday. The Quebec Medicare card **is not required.** We already have their number.

Supervision: **Coaches;** Russ Franklin, Louis Papineau, Spencer Ayre, Jordan Lavoie, Etienne Paquet

Chaperones; Laurene Head, Isabelle Belanger

Cost: The cost of the trip is **\$269.00**. Please hand in cheque to your coach, payable to “**Beaconsfield Bluefins**” by April 25th.

Team Shirt: A specially designed “Team Champs” T-Shirt was given to all participating swimmers. The cost of the t-shirt is \$10.00 which has been included in the total Travel Fees mentioned above.

A Reminder to all swimmers:

Everyone will wear our Navy Blue, Bluefins Shirt for Prelims on Friday and Sunday, a White T-shirt for Prelims on Saturday and our Bright Orange “Meet Shirt” at Finals on all three nights.

Our last TOTAL TEAM - TEAM CHAMPS’ PRACTICE will be held on Saturday April 23rd from 6:00 to 7:30 am.