



OUT OF TOWN COMPETITION INFORMATION & EXPECTATIONS

The swimmers find out of town meets a lot of fun and it is a great bonding experience for individual teams as well as for the club.

When competitions are out of town, the club usually plans all aspects of the trip: transportation, hotel booking, and schedules. However, there may be competitions for which parents are required to drive their swimmer and / or make their own arrangements for accommodation. A basic outline of travel plans is shared at the season start and a mandatory parent information meeting is held about two weeks before each competition, where trip plans and detailed itinerary are shared.

Transportation

- The club typically travels by chartered bus, but on occasion ask parents to drive the swimmers and coaches in their personal vehicles (to and from Ottawa to the competition hotel, and between the hotel and pool during the meet).
- When buses are used, swimmers must travel to the competition with the team and cannot leave with parents until the end of the meet. For security reasons, parents are required to provide written notice to the team's chaperone and club travel coordinator if they are driving their child home from a meet.

Accommodation

- For meets where the club is travelling together, swimmers share hotel rooms with their team. We typically have a mom stay in each room with the youngest teams of swimmers, whereas older teams stay with their teammates with chaperones in a separate room nearby. This is a great time for the swimmers to get to know one another and have some fun outside practice times. Coaches will share rooming plans with the swimmers prior to departure.
- When the club does not travel by bus, swimmers may be required to stay in a specific

hotel, but families can choose whether to share rooms. In these cases, parents are responsible for making their own hotel booking within a block of rooms under the club reservation. The team mom can help facilitate carpooling and room sharing, but is not an official chaperone.

- Occasionally (generally only for figure competitions) the club may allow swimmers to stay at their choice of hotel or with family.

Itinerary:

- Regardless of the method of transportation and accommodation, the coaches set each team's itinerary and all swimmers and parents are expected to respect this schedule. We try to ensure that as many Nepean swimmers as possible watch Nepean's teams/duets/solos and cheer them on.
- Coaches will set curfews for swimmers during competition weekends to ensure everyone is well rested.

Chaperone and Parent Roles:

- When we travel as a club, team chaperones are responsible for the well being of the swimmers while away. Parents who attend the meet on their own are there as spectators and are requested to respect the chaperone's role in caring for their daughter and in following the coaches' itinerary. Unless the coach has specifically assumed responsibility for the swimmers, chaperones are responsible for swimmers at all times. The coach will liaise with the chaperone during the weekend.
- For safety reasons, chaperones will discourage swimmers in their care from interacting with any adults not affiliated with the Club.
- Parents need to fill out the travel permission form and acknowledge consent. Chaperones will receive a copy of the information provided and will have this with them during the weekend
- Regardless of the method of transportation and accommodation, draws, rankings, and results are shared with swimmers **by coaches (not parents!)**.
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Costs:

- Costs for out of town competitions are invoiced separately and include transportation, accommodation, meet fees, and coaches' costs (including accommodation and meals) as applicable.

Food

- Before each out of town meet coaches will discuss rules including good food choices with all swimmers. During the weekend there may be times, especially during travel, that the swimmers will have to purchase meals from a fast food restaurant. Swimmers are strongly encouraged to make healthy food choices that will help fuel them for swimming. These include foods that combine lean protein and complex carbohydrates, as well as fresh fruit and vegetables for lasting energy. Where possible during travel, the club will attempt to stop for meals where there are multiple good food choices that provide options for everyone. If parents are concerned about meal options during travel, they are welcome to send a healthy, nut-free meal for their swimmer.
- For some helpful hints and recipes for preparing food for out of town competitions, view this [link](#)
- When we travel as a club, money (in smaller bills) is to be brought separately for food. Chaperones will organize meals during competitions for swimmers on your team as well as the coach. Swimmers' money for the trip will be used to purchase food only during the competition, meals in restaurants and take-out, as well as to cover costs for coach meals. The chaperones keep this money with them at all times during the weekend. Any money left will go home with the swimmer at the end of the meet.
- When the club is not travelling together, or when extra routines have to travel separately from the club, parents may be asked to provide meals for coaches.

Swimmer Expectations:

- When we travel as a club, swimmers will buddy up with a roommate (in the case of a room of three swimmers, all three will be buddies). This buddy system will remain consistent throughout the trip. An explanation will be given to the swimmers about the buddy system, and exactly when they need to be with their buddies (i.e. in all public places, etc.).
- Regardless of the method of transportation and accommodation, while at the pool, the swimmers are competing and must stay with their teams and club at all times.
- All swimmers are expected to behave in a mature manner and respect all adults attending the meet (coaches & chaperones).
- Sports etiquette is an essential part of any sport, and all swimmers are expected to support teammates and club mates. Parents should review the Code of Conduct with their swimmer, and remind swimmers that they represent Nepean Artistic Swim Club as well as Ontario Artistic Swimming and the sport itself. As such, they are expected to conduct

themselves in a manner that will make themselves, their coaches and the club proud.

- Swimmers will wear full Nepean Artistic Swim Club tracksuit for travel (black leggings, team t-shirt, and team jacket). When receiving an award, swimmers will wear full Nepean Artistic Swim Club tracksuit (i.e., leggings and jacket zipped up or t-shirt), unless awards are happening immediately after the competition, on deck, in which case they should put their Club jacket over their routine suit for awards.

Packing Tips for Club Travel:

- Pack so that everything is easy to find and so that the swimmer can manage all of her own luggage!
- Swimmers are to wear their full Nepean tracksuit for much of the week (while travelling and at the pool) so there isn't a need for much in the way of extra clothing.
- There should be at most three bags that your swimmer brings for the trip:
 - Synchro bag: all swim gear and nut-free snacks for at the pool
 - Small gym bag/suitcase: rest of their toiletries. Not too many clothes as they will be in club tracksuits for most of the trip.
 - Small carry-on for the bus trip: nut-free snacks, cards, movies, iPods. The club is not responsible for lost items.
- Have swimmers keep their carry-on bag with them at all times while loading the bus to avoid this bag being packed under the bus with the rest of the luggage.
- The "Swimmer's packing List for Away Meets" is posted on the website