2010 JEFFERSON SWIM LEAGUE CHAMPIONSHIP

PARENT and SWIMMER INFORMATION SHEET

The **JSL Championship** is held at UVa's indoor pool at the **Aquatic & Fitness Center (AFC)** located on Whitehead Road next to Scott Stadium. Along with the excitement comes a tremendous responsibility for all swimmers, parents, coaches, officials, & the JSL Board to make sure this meet goes as smoothly as possible.

PLEASE read this carefully and bring it with you to the Championship.

What can we bring or not bring with us to the swim meet?

In addition to your usual swimming gear (suit, goggles, swim cap, towels, sandals, etc.), you may want to bring a chair (for outside use only), books, iPod, sit-down games, snacks, & water bottle. NO PERSONAL TENTS, PETS, ALCOHOL, or GLASS CONTAINERS ARE ALLOWED on the property. NO CHAIRS, BALLS, NOISEMAKERS, GUM, SIGNS, OR LARGE ITEMS are allowed in the building. NO BODY PAINT, but "Magic Marker" is OK. Smoking is NOT allowed in the building or any outside areas where there are swimmers.

What are my food and drink options?

You may bring food & drinks (no chewing gum) into the MAIN LOBBY AREA ONLY. No food or drink is allowed in the viewing stands or downstairs. Large coolers are NOT allowed in the building. An indoor/outdoor cafeteria/snackbar and outdoor grill will be open during the meet. Do NOT order food for delivery. Do not litter.

How do we get to the Aquatic & Fitness Center and has parking changed?

The AFC is located at the corner of Whitehead Rd. & Alderman Rd. The front entrance faces Whitehead Rd. Access to parking & the AFC has changed for 2010 because of construction. Alderman Rd is closed beside Scott Stadium from Whitehead Rd to Stadium Rd. A drop off area will be in the Alderman Rd. parking lot beside the AFC. All day Friday and Saturday, you may park in the West (S-6) Scott Stadium Parking lot. On Friday AFTER 5PM and all day Saturday, you may park in the Scott Stadium East (T-4) lot. Entry to Scott Stadium parking is only via Stadium Rd. See map on back and pay attention to parking restrictions. Do NOT park illegally (handicap or service spaces, fire hydrants, etc.) in any area at any time. Whitehead Rd. is CLOSED Friday and Saturday & parking is NOT allowed on Whitehead Rd. at any time. Parking in the lower lot next to the A & F Center is permit restricted by JSL. Cars improperly parked may be towed.

Where do we go once we arrive and how do we get to the pool area?

Unless otherwise indicated by your coaches, swimmers should report to the team tent to receive their wristband. ALL Swimmers MUST have a JSL issued wristband on their left wrist to be admitted to the deck. You should find a spot in the viewing stands (inside to your right), gather with your team in the tent area on Whitehead Rd, or go directly downstairs (6&U and 8&U must go with their team leaders) if it is time for warm-ups. All 6 & Under swimmers will remain on the deck with team leaders for the entire session. All 8 & Unders must meet with their team leaders to go down to deck area and return upstairs as a group. You should take your goggles, a TOWEL, and a plastic water bottle (if desired). Parents will NOT be able to accompany their child to the pool deck. Parents can go to the viewing stands or watch on TV monitors in the lobby.

Can we save seats in the viewing stands?

Spectators are NOT allowed to save seats in the viewing stands. Seats that are unoccupied will be considered vacant and all objects must be stored on the floor. Remain seated during events so everyone behind you can see and be QUIET for the start. When your swimmer is finished, please consider giving up your seat so that another spectator may see their swimmer. DO NOT BLOCK AISLES OR WALKWAYS.

Can we take flash pictures of swimmers?

Yes, but NOT when swimmers are on the blocks for the start. The flash from a camera resembles the strobe light from the start system & may cause a false start. NON-flash and video cameras may be used at any time.

How will I know what events I am swimming?

Your coach should tell you which events you are swimming and which session to attend. All teams are also required to provide wristbands to their swimmers. Events should be listed on the wristband for all 8 & unders, but it is the parents/swimmers responsibility to make sure this information is written correctly. A souvenir Heat Sheet book will be sold before and at the meet which lists events, heats, and lanes for all swimmers.

Where do I go once it is time to swim an event?

Events are called to the Clerk-of-Course via "Twitter" (see separate instructions to sign up), via text messaging to a "tent volunteer", and announced within the building. All swimmers, regardless of age, report to the Clerk-of-Course which will be located on the deck at the shallow end of the pool. It is very important that swimmers (and parents) pay attention and report promptly to the deck when called. It is not possible for anyone to find a late swimmer. ALL SWIMMERS MUST LISTEN CAREFULLY FOR THEIR NAME AT THE CLERK-OF-COURSE. If you are not sure if your name or event has been called, ask! Team leaders will help younger swimmers.

Where do I go while waiting for my next event?

Depending on when your next event is, you may return to your team tent, to your parents in the lobby, or remain on deck (all 6 & Unders remain on deck for the full session). With the exception of freestyle, all events run fairly quickly. If you need to remain on deck, bring water to re-hydrate while recovering at the clerk-of-course. No "team areas" are allowed within the building. If there is a thunderstorm everyone will be directed into the building, but listen carefully for instructions as to where to go.

(continued on back)

MORE INFORMATION IS AVAILABLE ON THE WEB AT www.jsl.org

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(continued from front)

What areas are off limits?

Do NOT enter any restricted areas. No one is allowed in the top office level, weight room on main floor, or in the whirlpool area on deck. The elevator is restricted to handicap access only. Do NOT hit or play with emergency alarm boxes unless there is a true emergency. Do not play in the showers. Parents are ultimately responsible for the actions of their children, so please discuss the rules with them.

Will I have the opportunity to buy a T-shirt, towel, or heat sheet?

JSL Championship T-shirts, towels, & heat sheets are available for preorder at reduced prices prior to meet day. Go to www.jsl.org and follow the link at the bottom of the home page. All will be sold at the meet.

What happens if I leave something behind?

Look in the Heat Sheet for the Lost-&-Found page. It will tell you who to call to locate missing items accidentally left at the AFC. Lost and found is donated to a local charity after September 31st.

EMERGENCY CONCERNS FOR PARENTS

How will I find a lost child?

As at any crowded sporting event, parents should keep watch over small children at all times. Small children should be instructed to stay with their parent(s), but if lost they should be told to go to the main front desk. Parents missing children should also contact the main front desk for assistance. Children should be instructed that, if lost, UNDER NO CONDITIONS should they leave the building.

Where is First Aid if someone is hurt?

The First Aid area will be in the Control Room on the Pool Deck Level. There will be First Aid supplies to treat most minor injuries and members of the Charlottesville-Albemarle Rescue Squad will be on duty.

Can I go with my small child downstairs?

Each team will have Team Leaders for all 5-8 year olds. They will be responsible for shepherding these children to the deck and back upstairs in an orderly fashion. Make sure you and your small children know your team leaders. Parents may be allowed on deck in an emergency, but NOT as spectators.

What happens in an emergency if the building is evacuated?

Take note and show your children all Emergency Exits in advance. An alarm will sound if there is an emergency (fire, smoke, etc.) and the building will be completely evacuated (even for false alarms). PLEASE COOPERATE. All volunteers have been instructed to take the swimmers in their area directly out of the best exit and assemble in the designated ***EMERGENCY AREA***'s. The two designated emergency areas for swimmers are the Parking Lots adjacent to the lower side of the building & the corner of Alderman and Whitehead Roads in front of the student entrance to Scott Stadium (see below). In a true emergency, the areas may have to be moved back further from the building, but swimmers will be kept together. There will be a head officer in charge who will have a red Command Center car with a green light on top.

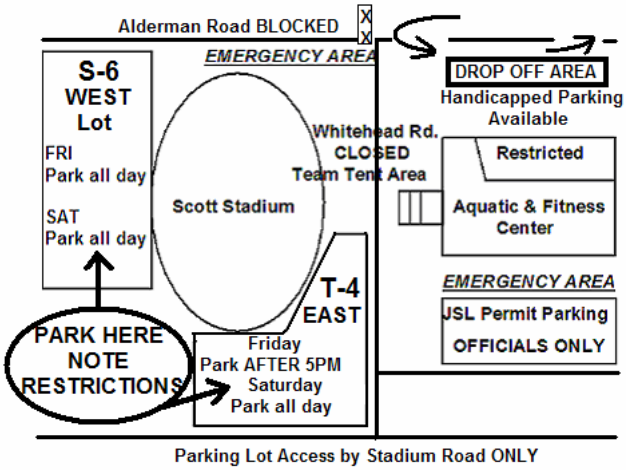
How can I locate my child in an emergency evacuation?

Go immediately to the most likely Designated Emergency Area. That is, if your child was on deck, they will be in the lower parking areas and if they were in the Main Hall or Viewing stands they will be in the Scott Stadium student entrance area. Parents may check on their swimmers, but are asked NOT to remove them from the area unless the Meet is canceled.

What happens after the emergency is over?

We will be instructed by UVa Staff as to when it is safe to re-enter the building. If it is determined that the emergency was a false alarm or minor in nature, the meet will resume as soon as possible. It is important for swimmers to stay organized in the designated areas.

Area Map:



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