

Do's & Don'ts for the 2010 JSL CHAMPIONSHIP

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

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

DO

- Do wear your swim suit and bring goggles, cap, towel, sandals, & plastic water bottle.
- Do wear your JSL issued wristband on your left wrist.
- Do write your events, heat, and lane numbers on your wrist band or hand in waterproof ink.
- Do bring something to occupy your time (books, iPod, MP3, quiet games).
- Do bring your camera to take non-flash pictures and videos at anytime.
- Do bring small folding chairs for use outside of the building and under the tents.
- Do park in designated parking lots.
- Do bring food & drinks into the main lobby or to the tent area outside (no glass containers).
- Do check in with your coach or assistant when you arrive.
- Do buy a heat sheet and one of the great looking JSL Championship T-shirts and Towels.
- Do stay with your team in the tent area.
- Do listen carefully as your events are called & watch the messages on the scoreboard.
- Do report promptly to the Clerk-of-Course on deck as soon as your event is called.
- Do take your towel to the deck area when you are swimming.
- Do take a plastic water bottle to the deck if you want to drink something while on deck.
- Do remain seated in the viewing stands during the events so everyone can see.
- Do use your voice to cheer for your swimmer, but not while the swimmers are on the blocks.
- Do be quiet for the start.
- Do report to the main desk in the lobby on the main floor if you are lost or have questions.
- Do look for lost children at the main desk in the lobby on the main floor.
- Do ask for first aid in the Control Room on deck if you are injured.
- Do listen carefully if there is a thunderstorm.
- Do know where the emergency exits are and where you should go in an emergency.
- Do pick up all of your trash and belongings.

DON'T

- Don't apply body paint & don't wear a coach's shirt or identification.
- Don't park illegally (handicap spaces, service spaces, fire hydrants, etc.) at any time.
- Don't park on Whitehead Road.
- Don't park in the lower lot beside the Aquatics & Fitness Center unless you have a JSL permit.
- Don't bring family tents (All tents require approval by the UVA Fire Marshal)
- Don't bring pets on the property
- Don't bring balls or other athletic play equipment into the building.
- Don't bring glass containers or alcoholic beverages onto the property.
- Don't bring large coolers into the building.
- Don't bring or chew gum in the building.
- Don't post any signs in the building.
- Don't bring food or drink into the viewing stands or downstairs.
- Don't smoke in the building or in any area where there are swimmers.
- Don't block the halls or doorways with your belongings, you will be asked to move.
- Don't block the stairs in the viewing stands, you will be removed.
- Don't bring folding chairs into the building (coaches may have small folding chairs at poolside).
- Don't try to get on deck as a spectator, you will be removed.
- Don't try to go on deck with your young swimmer; there are adults who will watch them.
- Don't go into any "Restricted" areas, you will be asked to leave.
- Don't use the elevator except for handicap access.
- Don't play in the showers and don't play with or hit the alarm boxes on the walls.
- Don't save seats in the viewing stands.
- Don't make noise or take flash pictures while swimmers are on the blocks.
- Don't use loud noisemakers inside or outside.
- Don't order any food for delivery to the Championship.
- Don't take anything to the deck other than your towel and a plastic water bottle.
- Don't litter any area.
- Don't leave the building if you are lost.