

# 2009 State Championships Travel Information & Itinerary

- **Site:** Central Florida YMCA Aquatic Center, 8422 International Drive, Orlando, FL 32819
- **Meet Information:** [www.fhsaa.org/sw](http://www.fhsaa.org/sw)
- **Competitors** (9 girls / 8 boys / 17 total)
  - **Girls:** Sarah Anderson (Relays), Genevieve Aube (100 Back, 100 Free, Relays), Maddie Camp (500 Free, 100 Breast), Hannah Coombs (Relays), Amanda Ford (500 Free, Relays), Amanda King (200 IM, 500 Free, Relays), Megan Moroney (100 Fly, 100 Back, Relays), Emily Norton (100 Breast), Riley Shipman (Relay Alternate).
  - **Boys:** Mario Cardenas (100 Breast, Relays), Quinn Cassidy (200IM, 100 breast, Relays), Colin McArthur, (1 Meter Diving), Greg Norton (Relays), Stephen Norton (50 Free, Relays), Filippo Sella (Relays), Wali Toulson (100 Free, Relays), Shawn Warner (Relays)
- **Team Hotel:** Quality Inn Plaza, 9000 International Drive , Orlando, FL 32819  
Phone 407-996-8585 [www.OrlandoQualityInn.com](http://www.OrlandoQualityInn.com)
- **Attire:** ONLY SAS attire is to be worn for the duration of the trip. We will wear the black team shirts to the pool on Friday, Saturday morning red long sleeve and Saturday night new we will wear the new red t-shirts.
- **Transportation:** All students will travel by school van to the competition and remain with the team throughout Friday and Saturday. Following finals Saturday evening, we are planning a team dinner with parents, friends and fans to celebrate the season. On Sunday morning, the team will depart Orlando early in the morning on our school vans. Parents may sign their own children off the trip as per school policy on either Saturday night or Sunday morning.
- **Miscellaneous:** Athletes will be provided with transportation, lodging, new team T-shirts, breakfast and one team dinner. They should be prepared to pay for lunches, snacks and the dinner on Saturday night, site TBA.

## Daily Itinerary - Friday, November 13

- **8:00am** - Depart campus from the pool circle
- **11:00 am** – Arrive, check-in, un-pack , lunch
- **1:00pm** – Check in at YMCA for afternoon swim practice
- **4:45pm** – Team Dinner (team members only) – Olive Garden International Drive
- **6:00pm** – Diving Warm-up at the YMCA Pool
- **9:00pm** – Responsibility Hour – in our own rooms – quiet time / sleep

## Saturday, November 14

- **6:15am** – Wake-up calls/breakfast
- **7:00am** – Depart for Pool/Warm-up
- **9:00am** – Preliminary Swimming Competition & Boys Diving Begins
- **12:30pm** – Team lunch – TBA – parents are welcome to join us
- **3:50pm** – Depart for Finals
- **5:30pm** – Meet begins
- **8:30pm** – (approximately) End of Meet
- **9:00pm** - Team Dinner with Family/Friends
- **TBA** - Responsibility Hour – in our own rooms – sleep

## Saturday, November 15

- **8:30am** – Wake-up calls/breakfast/pack/check-out – Busses head home

## Rooming List

1. Coach Sid Cassidy, Coach Kara Cassidy & Kate Cassidy
2. Coaches Laura Miller & Katie Stone
3. Coach Jen Panicaro
4. Coach Ed Bartsch
5. Gen Aube, Amanda King & Riley Shipman
6. Madelynn Camp & Amanda Ford
7. Emily Norton & Sarah Anderson
8. Megan Moroney & Hannah Coombs
9. Quinn Cassidy & Wali Toulson
10. Stephen Norton & Filippo Sella
11. Mario Cardenas & Shawn Warner
12. Colin McArthur & Greg Norton