

## Tanja Avant

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**From:** Laura Davis <coachlaura@swimstreamline.com>  
**Sent:** Friday, May 24, 2024 3:57 PM  
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**Subject:** 2024 Duel in the Pool updates- 6 days till it's GO TIME!

Good afternoon,

I am writing to you to make sure everyone has the most up to date information as we head into a busy weekend.

The information below has been discussed with my Coaching Team and some of this was what we enforced last year. Our goal is to provide a unique, fun and memorable experience for these incredible athletes, while keeping your kids safe, rested, fed and swimming fast. We appreciate you trusting our coaches on decisions made with entries, room assignments and all weekend long. Remember we are Team Gulf May 30-June 2, and the goal is teamwork and going for the gold!

1. We've been getting a lot of questions the last few days on rooming assignments and events for swimmers. The Coaching Staff has worked tirelessly to put together the best chance of winning as a Team. Keeping with tradition of this event and previous we will be announcing all swimmer events/relays along with rooming assignments once we are in Indy and at the Team Hotel. Thank you for

your understanding and trust as we've put together the Team we believe can WIN over Team Illinois and Team Indiana.

**2. Team gear pick up is Tuesday, May 28 at the Westchase Marriott from 12-7 pm.** Address is: 2900 Briarpark Dr, Houston, TX 77042

This will be the only opportunity to pick up your gear so please make every effort to get there or arrange for someone to pick your child's gear up for you.

3. We would like all parents and swimmers to have the SportsYou app on their phones. This is the way the coaching staff will communicate during the event. The app is free. To join the group, the code is 74HF-3ZDU. The swimmers would choose "player" as their role and parents will choose "family".

4. All information such as the itinerary, contact numbers and anything Duel in the Pool can be found here: [Gulf Swimming LSC - 2024 Duel in the Pool Select Team Info \(gomotionapp.com\)](https://www.gomotionapp.com)

Please make sure you are on the Duel in the Pool group text. The info is posted above on how to join this!

5. All swimmers MUST attend every activity planned on time from team meetings, warmups, dinners, lunches, breakfasts etc. This is a TEAM travel trip!

6. When packing for the trip, we are asking that each swimmer use a carry-on sized piece of luggage and that it be soft sided, not hard. Southwest's dimensions for a carry-on are 10x16x24. This is mainly for our travel situation to and from the airport where we will be in school busses with no luggage compartment. We need luggage to fit under seats. They will also be able to take their team backpack.

Suggested items to bring:

- phone chargers
- headphones
- tech suits (these can be worn when we race)

- all gulf apparel, swimsuit and backpack
- nice dress shorts, jeans, pants, leggings, joggers- no short shorts or cutoffs
- sneakers for plane rides and dinners- no slides, crocs or flip flops
- extra shirts and shorts to sleep in or pajamas
- flip flops and crocs can be brought in your packed bag and ONLY worn at the pool
- extra towels for the meet and practices
- 2 pairs of goggles (we will not have extra goggles with us)
- any snacks your child likes to eat that we might not provide
- toiletries
- any medicines your child needs
- money for meals at the airport

7. Please refrain from bringing team apparel. This is a Gulf Swimming trip. If your child gets cold please bring an extra jacket or sweatshirt.

8. As discussed on our zoom call, athletes will sleep 2 to a room by gender and age. They will find this info out once there. Once announced....parents and athletes- please do not ask to switch your child with another child. The answer is no.

9. In your carry on backpack- pack your swimsuits, cap, goggles, change of clothes, meds, snacks, empty Gulf Swim water bottle. There is no reason your child will not be able to swim if their luggage gets lost.

10. What athletes are to wear:

**Thursday to airport-** NAVY Gulf shirt, jeans, pants, nice dress shorts or leggings, sneakers, no cut offs or short shorts. No crocs or flip flops.

**Thursday to practice & visit to Lucas Oil Stadium-** NAVY Gulf shirt, jeans, pants, nice dress shorts or leggings, joggers, sneakers

**Friday to prelim/finals-** WHITE Gulf shirt, jeans, pants, nice dress shorts or leggings, joggers, sneakers, you can pack flip flops or crocs for the pool deck

**Saturday prelims/ finals-** RED shirt, jeans, pants, nice dress shorts or leggings, sneakers, you can pack flip flops or crocs for the pool deck

**Sunday to prelims-** BLUE shirt given by DUEL IN THE POOL meet host, jeans, pants, nice dress shorts or leggings, joggers, sneakers, you can pack flip flops or crocs for the pool deck

**Sunday to airport:** HEATHER GRAY Gulf swim shirt, jeans, pants, nice dress shorts or leggings, sneakers, no cut offs or short shorts. No crocs or flip flops.

11. Weather in Indy: Thursday & Friday: High 70's/low 80's down to the 50's at night, Saturday & Sunday- low 80's down to 60's at night.

### **Drop off/ pick up times:**

Thursday morning: by 6 am sharp at Hobby at Southwest check in. You must walk your athlete in and check in with a coach. If you are bringing other teammates, we need a note well in advance. Please send this to Coach Laura: [coachlaura@swimstreamline.com](mailto:coachlaura@swimstreamline.com)

Sunday evening: We land at 9:50 pm at Hobby. Parents must be on time in baggage claim.

**We really need your support on drop off and pick up. Give yourself enough time to be ON TIME.**

13. As we prepare for our upcoming competition trip, we want to share an important policy regarding cell phone usage. To ensure our swimmers, ages 11-16, stay focused and fully engaged, we will be implementing a no cell phone rule during competition and rest times between prelims and finals. Coaches will securely hold the swimmers' phones, and swimmers will be allowed to call you between sessions before turning their phones back in. This measure is crucial for your child's mental recovery and overall performance, allowing them to rest and recharge without distractions. In the case of an emergency, you are welcome to contact your swimmer's coach directly. Additionally, you will have access to the entire coaching staff via the Sports You app. We appreciate your support in fostering a positive and focused environment for our team.

13. On our tour of Lucas Oil Stadium the facility has a no picture policy inside the stadium. The coaches will hold on to phones in our tour of the Stadium and Trials Pool (from the stands).

14. As mentioned when you signed up for this opportunity. We will have a no tolerance policy on poor behavior, not being a team player, alcohol, etc. Please remind your kids of what is expected of them on this amazing trip.

We look forward to a great weekend in Indy. Let's go Gulf Swimming!

Laura Koch Davis

Gulf Duel in the Pool/ SSAN Head Coach

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