Team Utah

Age Group Zones 2019

Gresham, Oregon



Team Itinerary and General Information

Leadership Team

**Coaches**

Suzie Shepherdson (11-12 Boys & 13-14 Girls) 801.369.9669

Deni Cullom (11-12 Boys & 13-14 Girls) 949.547.3840

Lela Hiatt (11-12 Boys & 13-14 Girls) 801.856.7760

**TM and Chaperones**

Serena Reynolds (Team Manager) 801.949.7018

Team Roster by Age and Gender

Name Age Gender Home Team Travel Plans

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | Guzman-De La Hoz, Valerie | 10 & U | Girl | Olympus | With Family |
| 2 | Zulcic, Shayla | 10 & U | Girl | WVA | With Family |
| 3 |  | 10 & U | Girl |  | With Family |
| 4 |  | 10 & U | Girl |  | With Family |
| 5 |  | 10 & U | Girl |  | With Family |
| 6 |  | 10 & U | Girl |  | With Family |
|  |  |  |  |  |  |
| 1 |  | 10 & U | Boy |  | With Family |
| 2 |  | 10 & U | Boy |  | With Family |
| 3 |  | 10 & U | Boy |  | With Family |
| 4 |  | 10 & U | Boy |  | With Family |
|  |  |  |  |  |  |
| 1 | Ofa, Fa | 11 & 12 | Girl | Olympus | Team Flight |
| 2 | Garstang, Jade | 11 & 12 | Girl | Olympus | Team Flight |
| 3 | Weight, Brinley | 11 & 12 | Girl | UVRays | Team Flight |
| 4 |  | 11 & 12 | Girl |  | Team Flight |
| 5 |  | 11 & 12 | Girl |  | Team Flight |
|  |  |  |  |  |  |
| 1 | Albrecht, Cole | 11 & 12 | Boy | WFFM | Team Flight |
| 2 | Jones, Gabriel | 11 & 12 | Boy | Olympus | Team Flight |
| 3 |  | 11 & 12 | Boy |  | Team Flight |
| 4 |  | 11 & 12 | Boy |  | Team Flight |
| 5 |  | 11 & 12 | Boy |  | Tam Flight |
| 6 |  | 11 & 12 | Boy |  | Team Flight |
|  |  |  |  |  |  |
| 1 | Boyer, Elle | 13 & 14 | Girl | UVRays | Team Flight |
| 2 | Hooton, Taylar | 13 & 14 | Girl | Olympus | Team Flight |
| 3 |  | 13 & 14 | Girl |  | Team Flight |
| 4 |  | 13 & 14 | Girl |  | Team Flight |
| 5 |  | 13 & 14 | Girl |  | Team Flight |
| 6 |  | 13 & 14 | Girl |  | Team Flight |
| 7 |  | 13 & 14 | Girl |  | Team Flight |
|  |  |  |  |  |  |
| 1 | Jones, William | 13 & 14 | Boy | Olympus | Team Flight |
| 2 | Kunz, Tallin | 13 & 14 | Boy | UVRays | Team Flight |
| 3 |  | 13 & 14 | Boy |  | Team Flight |
| 4 |  | 13 & 14 | Boy |  | Team Flight |
| 5 |  | 13 & 14 | Boy |  | Team Flight |
| 6 |  | 13 & 14 | Boy |  | Team Flight |
| 7 |  | 13 & 14 | Boy |  | Team Flight |
| 8 |  | 13 & 14 | Boy |  | Team Flight |
| 9 |  | 13 & 14 | Boy |  | Team Flight |
| 10 |  | 13 & 14 | Boy |  | Team Flight |
| 11 |  | 13 & 14 | Boy |  | Team Flight |
| 12 |  | 13 & 14 | Boy |  | Team Flight |
| 13 |  | 13 & 14 | Boy |  | Team Flight |
| 14 |  | 13 & 14 | Boy |  | Team Flight |

Hotel Room Assignments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Room Number | Athlete | Athlete | Athlete | Athlete |
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Room Check Assignments

To be conducted four times nightly:

First Call – To Be Announced Depending on Arrival at Hotel

Second Call – 30 Minutes After First Call

Night Check – Between Midnight and 1:00

Morning Check – Between 5:00 and 6:00

**Monday Night:** Clay & Kris

**Tuesday Night:** Clay & Kris

**Wednesday Night:** Alicia & Reina

**Thursday Night:** Clay & Kris

**Friday Night:** Alicia & Reina

**Saturday Night:** Clay & Kris

Vehicle Assignments

|  |  |  |
| --- | --- | --- |
| Van 1  Serena Reynolds  Lela Hiatt | Van 2  Suzie Shepherdson  Clay Jones | Van 3  Deni Cullom  Alicia Doyle |
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Daily Itineraries

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| --- | --- | --- | --- | --- |
|  | |  | | Monday, August 5 – Shirt Color ??? |
| 9:00 AM | | All Leaders | | Team Breakfast at the hotel. Verify all athletes are there. |
| TBA | | All Leaders | | Free Time. Suggestions? |
| 10:30AM | | All Leaders | | Check out of hotel. Room checks to verify cleanliness and no athlete gear left behind. |
| 10:45 AM | | All Leaders | | Head to Sacramento |
| 11:00 AM | | All Leaders | | Get lunch for athletes. TBA |
| 11:30 AM | | All Leaders | | Return all vehicles to Enterprise |
| 11:45 AM | | Chaperones | | Check in athletes for flights. Follow same procedure as flight down. Have specific temporary assigned athletes to escort through checkin, security, and boarding. |
| 1:20 PM | | All Leaders | | Flight departs SMF. |
| 3:54 PM | | All Leaders | | Flight arrives in SLC. |
| 4:00 PM | | Chaperones | | Check out each of your temporary assigned athletes to a parent. |
| 4:30 | | All Leaders | | JOB WELL DONE! GO LOVE ON YOUR FAMILIES!  YOU’VE EARNED SOME REST! |
|  |  | | Tuesday, August 6 – Shirt Color ??? | |
| 1:30 PM | All Leaders | | Meet at the Delta Ticket counter to begin the process of checking in athletes. Each chaperone will check in themselves first and then check in 8 or 9 athletes to escort through security, to the gate, and onto the flight. These will be your temporary assigned athletes until we arrive at the Roseville pool and begin our official age-group assignments. **Get phone contacts for your age group assigned athlete parents added to phones.** | |
| 3:25 PM | All Leaders | | Flight leaves SLC | |
| 4:10 PM | All Leaders | | Flight arrives in SMF | |
| 4:20 PM | All Leaders | | Escort your temporary assigned athletes to the Enterprise rental desk and submit the drivers’ license for picking up rental vehicles | |
| 4:30 PM | All Leaders | | Drive with your temporary assigned athletes directly to the Roseville Aquatics Center to begin team practice. | |
| 5:00 PM | Reina | | Meet at the front gate to individually check in the 10 & U. | |
| 5:00 PM | Kris & 1 Coach | | Attend the mandatory general meeting at the Martha Riley Library – 1501 Pleasant Grove Blvd (one block north of the pool). Pay fees and collect team paperwork. | |
| 5:15 PM | All Leaders | | Team practice. Depending on the timeline for the general meeting, Kris go attempt to check-in at the hotel and receive room numbers. Assign room numbers as soon as possible. | |
| 6:00 PM | All Leaders | | Team practice ends. Athletes change. | |
| 6:15 PM | All Leaders | | Team picture in the stands with blue shirts. (Unofficial) | |
| 6:30 PM | All Leaders | | Opening Ceremonies and roll call in the bleachers. | |
| 7:00 PM | All Leaders | | BBQ Dinner Kickoff | |
| 8:00 PM | Reina | | Check 10 & Unders back out to their parents at the front gate. Determine a spot for check in and out for each session thereafter and communicate this location to the parents. Advise parents on time for checkin for tomorrow morning. Remind them of shirt color for tomorrow: Black | |
| 8:10 PM | All Leaders | | Board Vans. Roll call for your vehicle assigned group. | |
| 8:20 PM | All Leaders | | Accompany athletes to Walmart for purchase of personal incidentals for athletes if they desire. We will only be there for 15 minutes. | |
| 8:35 PM | All Leaders | | Board Vans. Roll call for your vehicle assigned group. Drive to hotel. | |
| 8:45 PM | All Leaders | | Team meeting at hotel.   * Welcome message (Coaches) * Review hotel behavior/Travel Policy (TM & Chaperones) * Inspiring Message (Coaches) * Give athletes key cards and room numbers (TM & Chaperones) | |
| 9:30 PM | Clay & Kris | | First Call. Communicate breakfast and start times in the morning. | |
| 9:45 PM | All Leaders | | Meeting – Review day. Plan tomorrow. Prepare physical items. | |
| 10:00 PM | Clay & Kris | | Second Call. | |
| 12:00 PM | Clay & Kris | | Night Check. | |
| 6:00 AM | Clay & Kris | | Morning Check. | |
|  |  | | Wednesday, August 7 – Shirt Color ??? | |
| 6:00 AM | All Leaders | | Team Breakfast at the hotel. Verify all athletes are there. | |
| 6:40 AM | All Leaders | | Leave for the pool. | |
| 6:50 AM | Reina | | Meet and check in all 10 & U at designated location. | |
| 7:00 AM | Coaches | | Run warmups. | |
| 7:15 AM | Chaperones | | Set up snacks. Prepare athlete area. Mark heat sheets. Take photos. | |
| 8:30 AM | All Leaders | | Meet begins. | |
| Prelim Session | Coaches | | At the coaches table. Checkin, observe, and review races with each athlete. Communicate with chaperones relay decisions before prelims end. | |
| Prelim Session | Chaperones & TM | | With the swimmers in the athletes’ village:   * Know when their events are * Know when they should be warming up if needed * Assure they check in and out with coaches for their events * Make sure they are eating, drinking, staying in the shade and dressed appropriately for weather * Assure athletes are applying sunscreen * Help them know when their teammates are racing so they can cheer * Assuring that athletes warm down * Maintain a high morale * Look for athletes who may be struggling and make individual contact * Contact parents if need be | |
| 10:30 | Kris | | Meet Panera and take them back to the team area. (Boxed Lunches) | |
| 11:00 | Chaperones & TM | | Make sure all athletes get food. Careful with Gluten Free options for Topher, Audrey, and any others who may request. | |
| TBA | Chaperones & TM | | As session ends, coordinate cleaning up area and getting athletes back to the hotel or checked out to parents. Advise athletes of relay assignments for the night and time to be prepared to leave to return to pool | |
| TBA | Reina | | Check out 10 & U to parents. Advise of relay assignments and what time to return to pool for finals session. | |
| Between Sessions | All Leaders | | Return to the hotel. Assure athletes are resting and respectful of other hotel guests. Discuss skit details with athletes. | |
| Between Sessions | Kris | | Run to store if necessary. | |
| TBA | All Leaders | | Gather athletes. Board Vans. Roll call for your vehicle assigned group. Drive to pool for finals. | |
| TBA | Reina | | Check in 10 & U from parents. Check them back out when session ends. Remind them of shirt color for tomorrow (Grey) and invite them to brief team meeting at the hotel if they are interested. | |
| 4:30 | Kris | | Meet Chipotle. Setup buffet style dinner. | |
| At end of Finals Session | All Leaders | | Leave pool and return to hotel. Team meeting in lobby.   * Highlights from the day/awards * Inspiring Message * Timelines for tomorrow | |
| 9:30 PM | Alicia & Reina | | First Call. Communicate breakfast and start times in the morning. | |
| 9:45 PM | All Leaders | | Meeting – Review day. Plan tomorrow. Prepare physical items. | |
| 10:00 PM | Alicia & Reina | | Second Call. | |
| 12:00 PM | Alicia & Reina | | Night Check. | |
| 6:00 AM | Alicia & Reina | | Morning Check. | |

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|  |  | Thursday, August 8 – Shirt Color ??? |
| 6:45 AM | All Leaders | Team Breakfast at the hotel. Verify all athletes are there. |
| 7:15 AM | All Leaders | Leave for the pool. |
| 7:30 AM | Reina | Meet and check in all 10 & U at designated location. |
| 7:40 AM | Coaches | Run warmups. |
| 7:40 AM | Chaperones | Set up snacks. Prepare athlete area. Mark heat sheets. Take photos. |
| 8:30 AM | All Leaders | Meet begins. |
| Prelim Session | Coaches | At the coaches table. Checkin, observe, and review races with each athlete. Communicate with chaperones relay decisions before prelims end. |
| Prelim Session | Chaperones & TM | With the swimmers in the athletes’ village:   * Know when their events are * Know when they should be warming up if needed * Assure they check in and out with coaches for their events * Make sure they are eating, drinking, staying in the shade and dressed appropriately for weather * Assure athletes are applying sunscreen * Help them know when their teammates are racing so they can cheer * Assuring that athletes warm down * Maintain a high morale * Look for athletes who may be struggling and make individual contact * Contact parents if need be |
| 10:30 | Kris | Meet Panera and take them back to the team area. (Boxed Lunches) |
| 11:00 | Chaperones & TM | Make sure all athletes get food. Careful with Gluten Free options for Topher, Audrey, and any others who may request. |
| TBA | Chaperones & TM | As session ends, coordinate cleaning up area and getting athletes back to the hotel or checked out to parents. Advise athletes of relay assignments for the night and time to be prepared to leave to return to pool |
| TBA | Reina | Check out 10 & U to parents. Advise of relay assignments and what time to return to pool for finals session. Advise them of the role their 10 & U will play at the team skit. |
| Between Sessions | All Leaders | Return to the hotel. Assure athletes are resting and respectful of other hotel guests. Finalize skit details. |
| Between Sessions | Kris | Run to store if necessary. |
| TBA | All Leaders | Gather athletes. Board Vans. Roll call for your vehicle assigned group. Drive to pool for finals. |
| TBA | Reina | Check in 10 & U from parents. Check them back out when session ends. Remind them of shirt color for tomorrow (Grey) and invite them to brief team meeting at the hotel if they are interested. |
| TBA | All Leaders | Assist athletes with SKIT. Take pictures. |
| 4:30 | Kris | Meet Bucca di Beppo for dinner. Setup buffet style meal. |
| At end of Finals Session | All Leaders | Leave pool and return to hotel. Team meeting in lobby.   * Highlights from the day/awards * Inspiring Message * Timelines for tomorrow |
| 7:30 PM | Coaches | Coaches Social and Business Forum at Legends at  Woodcreek Golf Course  5880 Woodcreek Oaks Blvd (5 minutes from pool) |
| 9:00 PM | Clay & Kris | First Call. Communicate breakfast and start times in the morning. |
| 9:15 PM | All Leaders | Meeting – Review day. Plan tomorrow. Prepare physical items. |
| 9:30 PM | Clay & Kris | Second Call. |
| 12:00 PM | Clay & Kris | Night Check. |
| 6:00 AM | Clay & Kris | Morning Check. |

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|  |  | Friday, August 9 – Shirt Color ??? |
| 6:00 AM | All Leaders | Team Breakfast at the hotel. Verify all athletes are there. |
| 6:40 AM | All Leaders | Leave for the pool. |
| 6:50 AM | Reina | Meet and check in all 10 & U at designated location. |
| 7:00 AM | Coaches | Run warmups. |
| 7:15 AM | Chaperones | Set up snacks. Prepare athlete area. Mark heat sheets. Take photos. |
| 8:30 AM | All Leaders | Meet begins. |
| Prelim Session | Coaches | At the coaches table. Checkin, observe, and review races with each athlete. Communicate with chaperones relay decisions before prelims end. |
| Prelim Session | Chaperones & TM | With the swimmers in the athletes’ village:   * Know when their events are * Know when they should be warming up if needed * Assure they check in and out with coaches for their events * Make sure they are eating, drinking, staying in the shade and dressed appropriately for weather * Assure athletes are applying sunscreen * Help them know when their teammates are racing so they can cheer * Assuring that athletes warm down * Maintain a high morale * Look for athletes who may be struggling and make individual contact * Contact parents if need be |
| 10:30 | Kris | Meet Panera and take them back to the team area. (Boxed Lunches) |
| 11:00 | Chaperones & TM | Make sure all athletes get food. Careful with Gluten Free options for Topher, Audrey, and any others who may request. |
| TBA | Chaperones & TM | As session ends, coordinate cleaning up area and getting athletes back to the hotel or checked out to parents. Advise athletes of relay assignments for the night and time to be prepared to leave to return to pool |
| TBA | Reina | Check out 10 & U to parents. Advise of relay assignments and what time to return to pool for finals session. |
| Between Sessions | All Leaders | Return to the hotel. Assure athletes are resting and respectful of other hotel guests. Discuss skit details with athletes. |
| Between Sessions | Kris | Run to store if necessary. |
| TBA | All Leaders | Gather athletes. Board Vans. Roll call for your vehicle assigned group. Drive to pool for finals. |
| TBA | Reina | Check in 10 & U from parents. Check them back out when session ends. Remind them of shirt color for tomorrow (Blue) and invite them to brief team meeting at the hotel if they are interested. |
| 4:30 PM | Kris | Meet Dickey’s BBQ for meal delivery. Setup buffet style dinner. |
| At end of Finals Session | All Leaders | Leave pool and return to hotel. Team meeting in lobby.   * Highlights from the day/awards * Inspiring Message * Timelines for tomorrow |
| 9:30 PM | Alicia & Reina | First Call. Communicate breakfast and start times in the morning. |
| 9:45 PM | All Leaders | Meeting – Review day. Plan tomorrow. Prepare physical items. |
| 10:00 PM | Alicia & Reina | Second Call. |
| 12:00 PM | Alicia & Reina | Night Check. |
| 6:00 AM | Alicia & Reina | Morning Check. |

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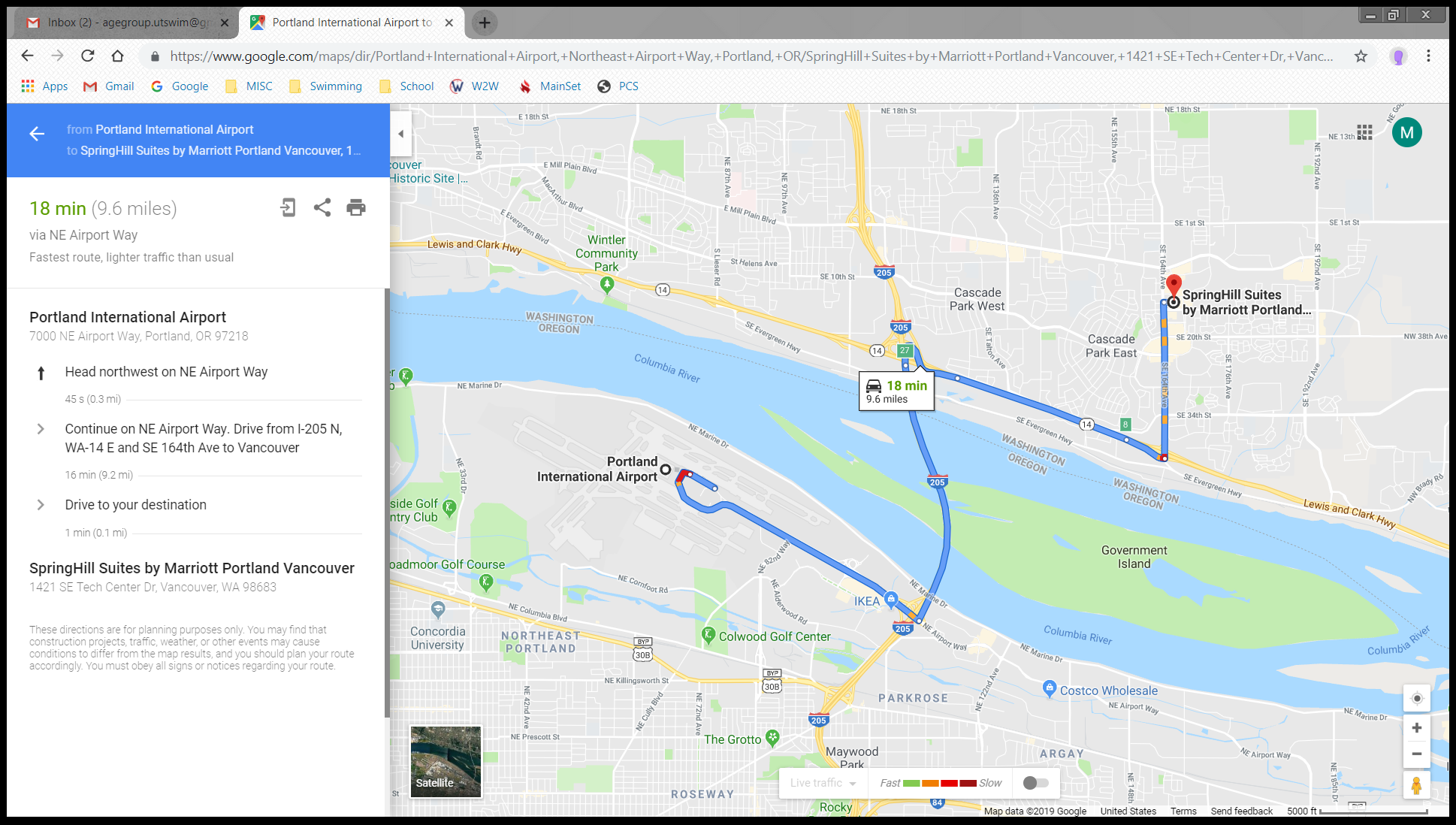
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|  |  | Saturday, August 10 – Shirt Color ??? |
| 6:45 AM | All Leaders | Team Breakfast at the hotel. Verify all athletes are there. |
| 7:15 AM | All Leaders | Leave for the pool. |
| 7:30 AM | Reina | Meet and check in all 10 & U at designated location. |
| 7:40 AM | Coaches | Run warmups. |
| 7:40 AM | Chaperones | Set up snacks. Prepare athlete area. Mark heat sheets. Take photos. |
| 8:30 AM | All Leaders | Meet begins. |
| Prelim Session | Coaches | At the coaches table. Checkin, observe, and review races with each athlete. Communicate with chaperones relay decisions before prelims end. |
| Prelim Session | Chaperones & TM | With the swimmers in the athletes’ village:   * Know when their events are * Know when they should be warming up if needed * Assure they check in and out with coaches for their events * Make sure they are eating, drinking, staying in the shade and dressed appropriately for weather * Assure athletes are applying sunscreen * Help them know when their teammates are racing so they can cheer * Assuring that athletes warm down * Maintain a high morale * Look for athletes who may be struggling and make individual contact * Contact parents if need be |
| 10:30 | Kris | Meet Panera and take them back to the team area. (Boxed Lunches) |
| 11:00 | Chaperones & TM | Make sure all athletes get food. Careful with Gluten Free options for Topher, Audrey, and any others who may request. |
| TBA | Chaperones & TM | As session ends, coordinate cleaning up area and getting athletes back to the hotel or checked out to parents. Advise athletes of relay assignments for the night and time to be prepared to leave to return to pool |
| TBA | Reina | Check out 10 & U to parents. Advise of relay assignments and what time to return to pool for finals session. |
| Between Sessions | All Leaders | Return to the hotel. Assure athletes are resting and respectful of other hotel guests. |
| Between Sessions | Kris | Run to store if necessary. |
| TBA | All Leaders | Gather athletes. Board Vans. Roll call for your vehicle assigned group. Drive to pool for finals. |
| TBA | Reina | Check in 10 & U from parents. Check them back out when session ends. Remind them of the Athlete social and also the team meeting afterward if they are interested. |
| At end of Finals Session | All Leaders | Depending on the timeline, leave pool and head to either the hotel or to the Athlete Closing Social |
| 6:45 PM | All Leaders | Leave for the Athlete Social and Dinner at  Golfland Sunsplash - 1893 Taylor Road |
| 7:00 PM | Reina | Check in the 10 & U at Golfland. Advise parent that they must check out their swimmer for the last time before leaving Golfland. The event ends at 10:30. This is the last official team event that the 10 & U will take part in during the meet. Invite them to the Team Meeting at the hotel if they desire to attend. |
| 10:30 PM | All Leaders | Leave GolfLand and return to Hotel. Team meeting in lobby.   * Highlights from the day/awards * Inspiring Message * Timelines for tomorrow |
| 10:45 PM | Clay & Kris | First Call. |
| 11:00 PM | All Leaders | Meeting – Review day. Plan tomorrow. Prepare physical items. |
| 11:30 PM | Clay & Kris | Second Call. |
| 12:00 PM | Clay & Kris | Night Check. |
| 6:00 AM | Clay & Kris | Morning Check. |

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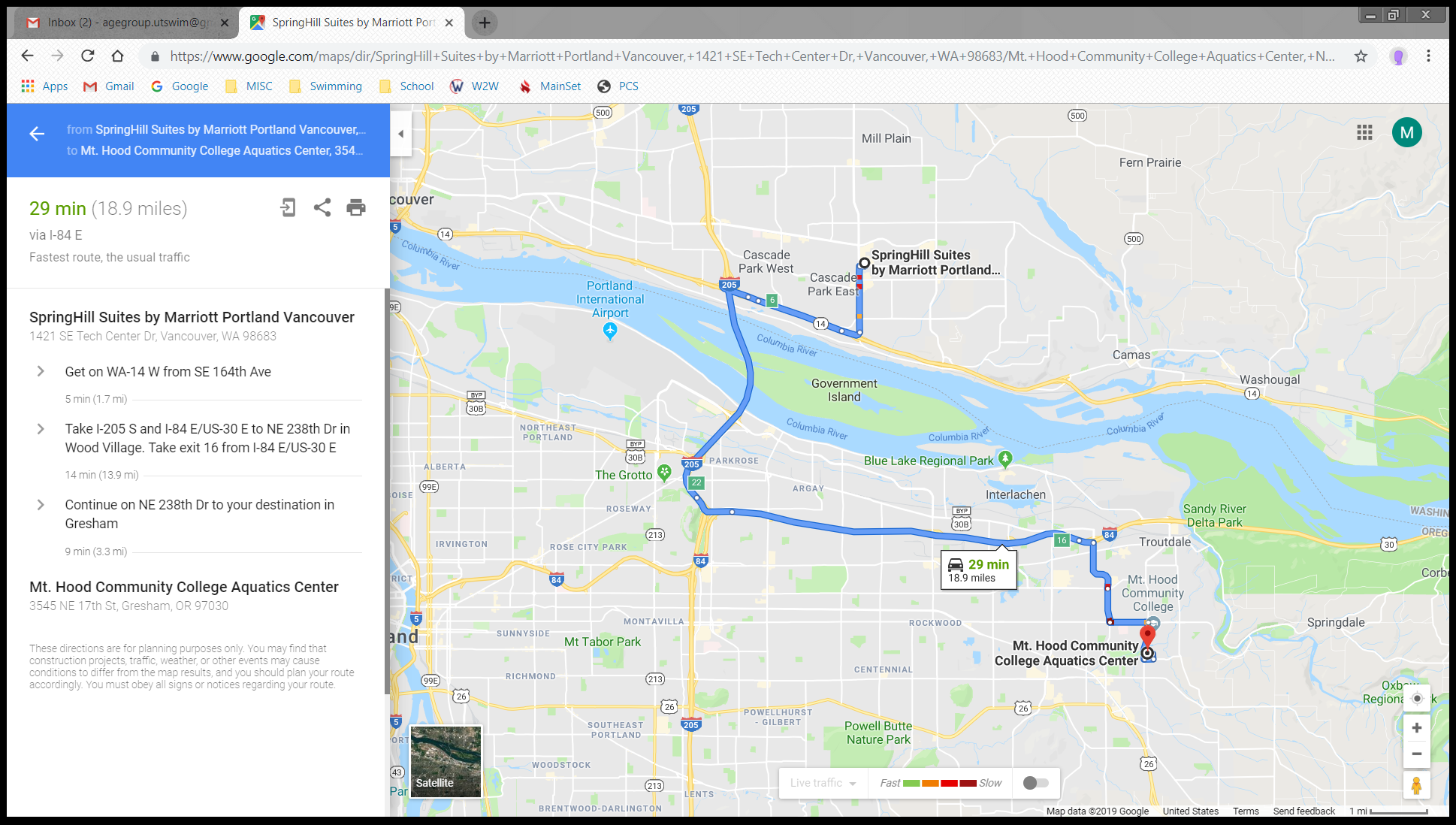
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|  |  | Sunday, August 11 |
| 9:00 AM | All Leaders | Team Breakfast at the hotel. Verify all athletes are there. |
| TBA | All Leaders | Free Time. Suggestions? |
| 10:30AM | All Leaders | Check out of hotel. Room checks to verify cleanliness and no athlete gear left behind. |
| 10:45 AM | All Leaders | Head to Sacramento |
| 11:00 AM | All Leaders | Get lunch for athletes. TBA |
| 11:30 AM | All Leaders | Return all vehicles to Enterprise |
| 11:45 AM | Chaperones | Check in athletes for flights. Follow same procedure as flight down. Have specific temporary assigned athletes to escort through checkin, security, and boarding. |
| 1:20 PM | All Leaders | Flight departs SMF. |
| 3:54 PM | All Leaders | Flight arrives in SLC. |
| 4:00 PM | Chaperones | Check out each of your temporary assigned athletes to a parent. |
| 4:30 | All Leaders | JOB WELL DONE! GO LOVE ON YOUR FAMILIES!  YOU’VE EARNED SOME REST! |

Notes:

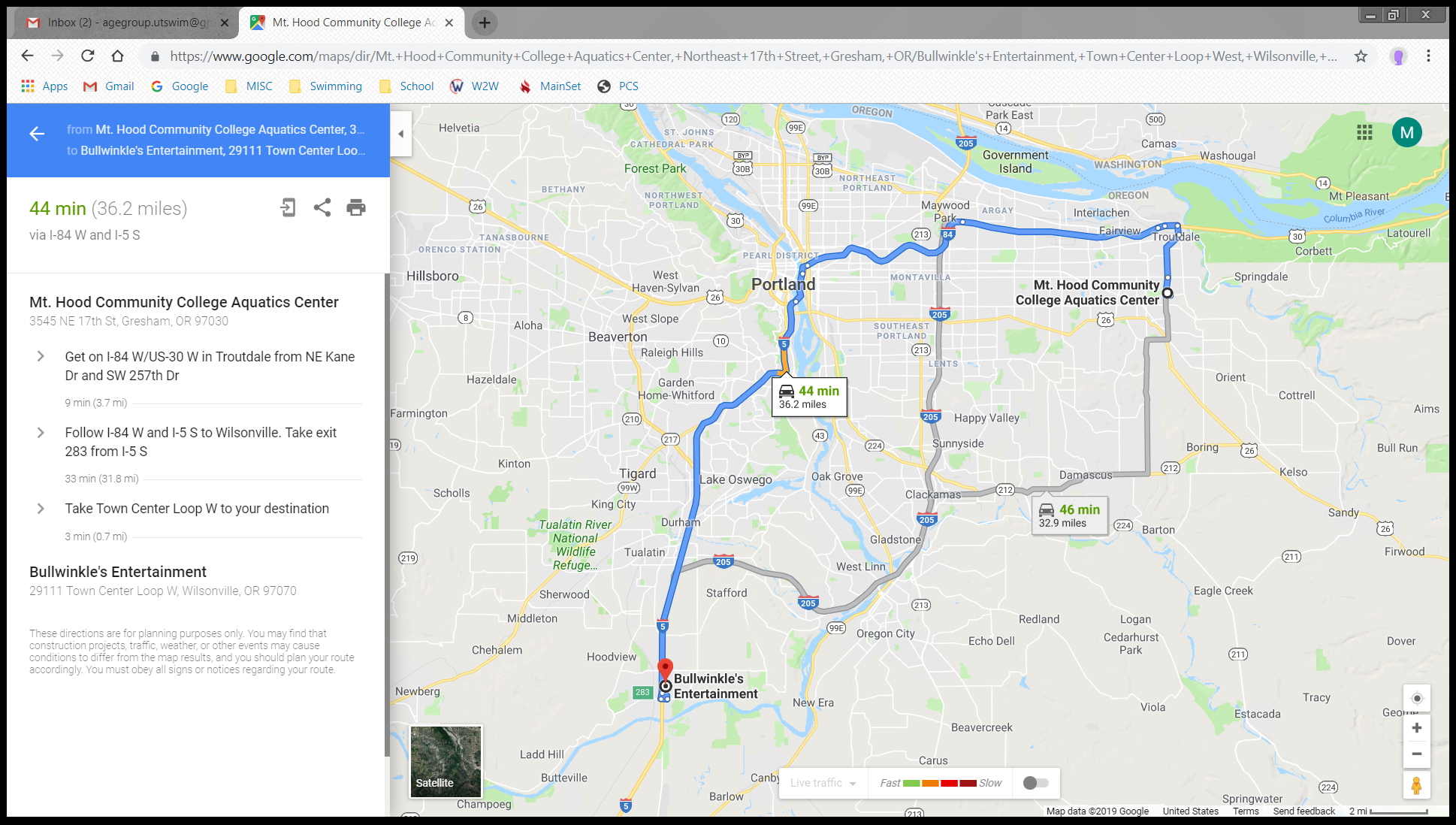
Maps – Airport to Hotel



Maps – Hotel to Pool



Maps – Pool to Bullwinkle’s



Map of College

