

**Novant LCM Invite in Charlotte, NC**  
**January 17<sup>th</sup>-20<sup>th</sup>**

**General Info:**

We are traveling as a team to the Novant LCM Invitational in Charlotte, NC, from January 17<sup>th</sup> to 20<sup>th</sup>. The meet is a 3 days Prelims/Finals meet. Coach Lucas is the only coach attending, and we're also taking a chaperone (Amy Stanton).

The team will head up on Friday, January 17<sup>th</sup>, at 12:30pm leaving from Quinn Ridge **Swimmers will need an early check out from school and plan on being at the pool, having already had lunch, at 12noon.** We will return Monday right after finals (might be a little bit of a late arrival, but swimmers will have the option of attending school on Tuesday).

We'll be staying at the Courtyard Marriot Charlotte Waverly ([6319 Providence Farm Ln, Charlotte, NC 28277, United States](#)) and the meet will be at the SwimMAC center ([9850 Providence Rd, Charlotte, NC 28277, United States](#)).

The total cost for the trip will be **\$365.00/person**, and covers hotel and transportation – this will be billed to your account in the next cycle. In addition, we'll likely cater dinners, and those will be charged to your activity account separately (we estimate \$17.00-20.00/meal), along with regular meet entry fees.

There is no breakfast on the hotel, but plenty of options in the same parking lot (in years past, swimmers were able to just walk to a place of their choosing to grab breakfast). Swimmers should bring additional money for lunch every day, and a little more for buying snacks at the grocery store, and meet vendor.

A full Itinerary and Code of Conduct are available on the next pages. **Signed Code of Conducts are due to Coach Lucas by Tuesday, January 14<sup>th</sup>.**

Here's the contact info for the adults going on the trip:

Lucas Ferreira: 515 422-0323

Amy Stanton: 770 313-0198

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**Itinerary**

**Please note:** depending on meet timeline, or other factors, there might be changes to the itinerary. Those will be announced by the coaches as the need arises, so be sure to be attentive when coaches are giving instructions! For warm-ups, van will leave promptly at the time listed (or announced) so be sure to always be at the lobby 5-10min early!

**Friday, January 17<sup>th</sup>**

- |         |   |
|---------|---|
| 12noon  | - Arrive @ QR and load the Van (must have already had lunch!) |
| 12:30pm | - Promptly! Depart for Charlotte, NC                          |
| 4:45pm  | - Check-in @ Hotel  |
| 5:30pm  | - Leave for loosen swim at pool                               |
| 7:30pm  | - Groceries, Dinner   |
| 9:00pm  | - Room Checks   |
| 10:00pm | - Lights out!   |

**Saturday-Sunday, March 18<sup>th</sup>-19<sup>th</sup>:**

- |   |   |
|---|---|
| 7:00am  | - Breakfast @ hotel                                 |
| 7:25am  | - Leave for pool (meet starts at 9:00am)            |
| Lunch & return to hotel will vary depending on timeline |   |
| 1pm-3:30pm  | - <u>Quiet time in rooms</u>                        |
| 4:15pm  | - Finalists to the pool (meet starts at 5:30pm)     |
| 5:10pm  | - ALL non-finalists to the pool to cheer at finals! |
| 9:00pm  | - Room checks                                       |
| 10:00pm   | - Lights out!                                       |

\* Dinner either at the pool or as soon as we arrive at the hotel

**Monday, March 20<sup>th</sup>:**

- |   |   |
|---|---|
| 7:00am  | - Breakfast @ hotel   |
| 7:25am  | - Leave for pool (meet starts at 9:00am)                      |
| Lunch & return to hotel will vary depending on timeline |   |
| 1pm-3:30pm  | - <u>Quiet time in rooms</u> (we arranged for late checkouts) |
| 4:15pm  | - Finalists to the pool (meet starts at 5:30pm)               |
| 5:10pm  | - ALL non-finalists to the pool to cheer at finals!           |
| 8:00pm (est.)   | - Leave for QR  |
| 11:45pm (est.)  | - Arrive at QR  |

\* Dinner either at the pool or on the way

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**CLUB CODE OF CONDUCT**

As an authorized representative of the GWINNETT AQUATICS, Georgia Swimming LSC, and USA Swimming, I will comply with the following guidelines.

1. The possession or use of alcohol, tobacco products or controlled substances by any athlete is prohibited.
2. Curfews established by the coaches or chaperones will be adhered to each day.
3. Team members and staff will attend all team functions including meetings, warm-ups, practices, competitions, meals, etc., unless otherwise excused or instructed by the coach of record.
4. To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms.
5. Team members and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of the GWINNETT AQUATICS, Georgia Swimming LSC or USA Swimming or be detrimental to its performance objectives.
6. Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
7. Any additional guidelines for the team will be established as needed by the coach of record.

IMPLEMENTATION

- a. Your signature of the document constitutes unconditional agreement to comply with the GWINNETT AQUATICS Code of Conduct.
- b. Failure to comply with the Code of Conduct as set forth in this document may result in disciplinary action.

Such discipline may include, but not be limited to:

1. Dismissal from the travel team and immediate return home (at the parents' expense);
2. Disqualification from one or more events, or all events of competition;
3. Disqualification from future GWINNETT AQUATICS travel.
4. Financial penalties (return from meet, lost entries, etc.)
5. Dismissal from the team

The undersigned has read and understands the terms of this agreement.

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Novant LCM Invite, January 17<sup>th</sup>-20<sup>th</sup>, 2025  
Event (Meet, training camp, etc.)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (If athlete is under 18)

\_\_\_\_\_  
Date