



Mendocino Coast Sea Dragons Travel Meet

November 22-23

CV Starr Community Center, 300 South Lincoln Street, Fort Bragg, CA

Date: November 22 & 23

Host Team: Mendocino Coast Sea Dragons <http://www.fastswims.com>

Location:

CV Starr Community Center www.mendococoastrec.org (Indoor Pool!)

300 South Lincoln Street, Fort Bragg CA

Lodging:

Harbor Lite Lodge

120 North Harbor Drive

Fort Bragg, CA

707-964-0221

Approx 1.5 miles/4 minute drive to the pool

Team Dinner:

Saturday 11/22 at 5:00pm-7:30 pm

Round Table Pizza

What to do:

1. Enter your swimmer in the meet at <http://www.fastswims.com>
2. Book your room (Call 707-964-0221)
3. Plan to attend an All Team Dinner on Saturday at Round Table Pizza
4. Attend practice and prepare for the meet



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LODGING

Napa Valley Swim Team has a block of rooms reserved at **Harbor Lite Lodge**.

- All rooms in the block have 2 queen beds. If your family requires a different configuration, just let the front desk know and they will try to accommodate you.
- Rooms are blocked for Friday 11/21/25, Saturday 11/22/25 and Sunday 11/23/25. You do **NOT** need to stay 3 nights to reserve a block room. Just be sure to specify what nights you want to stay when placing your reservation.
- To book your room and receive a 10% discount, **you must contact the hotel directly** (do not book online) to receive the reduced room rate. Tell them you are booking from the Napa Valley Swim Team block of rooms.
- Each family is responsible for payment of their room and any related costs of lodging.
- Staying at the Harbor Lite Lodge is not required. Families are free to make lodging arrangements at any facility they deem suitable.

TEAM DINNER

Team dinner will be hosted at Round Table Pizza. They are located at 740 South Main Street, Fort Bragg, CA. 95437. Dinner will be at 5:00 pm on Saturday 11/22. Families are responsible for placing their own orders and cost of food. Dessert will be provided by the team.

TRAVEL POLICY

Napa Valley Swim Team's travel policy pertains mostly to older swimmers traveling without parents and under coach/chaperone supervision. Because this meet is intended as a family travel meet, please note the following guidelines:

- Every swimmer must be supervised by a responsible adult while in the hotel, at the team dinner and while at the pool facility. Coaches are responsible for athletes at the competition pool only.
- Our team code of conduct dictates that our swimmers display proper respect and sportsmanship toward coaches, officials, administrators, teammates, fellow competitors, and the public at all times. These expectations extend to parents as well while participating in a team travel trip.
- We ask that swimmers represent **Napa Valley Swim Team** in team apparel during the meet and when attending team functions. If you need team apparel, check our team store at <http://www.swimoutlet.com>. **We will have custom apparel soon too!**