

**Coach's Report**  
***BRRYALL "Weather or Not" Meet***  
***July 10-12, 2009***  
*UIC Pool 901 W. Roosevelt Rd., Chicago, IL*

**Friday**

- Warm-up 4:30, so **be there at 4:15 pm** to positive check-in, and find a spot to sit with the team.
- Positive check-in closes 5:00 p.m.
- Meet starts 5:30 p.m.
- Coach Will will be at this session.

**Saturday & Sunday - AM (12 & Unders)**

- Warm ups start at 7:00 am, so **be there at 6:45 am** to positive check-in, and find a spot to sit with the team.
- Positive Check In closes at 7:30
- The Meet starts at 8:00 am.
- Coach Will (Sat) and Coach Alison CK and Coach Alison G (Sun) and will be at this session.

**Saturday & Sunday – PM (13 & Up + 8 & Unders)**

- Warm ups start at 12:00 pm, so **be there at 11:45 am** to positive check-in, and find a spot to sit with the team.
- Positive Check In closes at 12:30
- The Meet starts at 1:00 pm.
- Coach Alison CK and Coach Alison G and will be at this session.

**\* Please see Meet Packet on Heat Website for additional information**

- Remember to bring a towel, goggles, suit and cap, plus snacks and drinks if needed.
- Please wear your HEAT apparel or a plain suit/cap.