

Coaches Report

Sportscare Capital City Classic in Springfield, IL

- Coach Will will be there for the Friday and Saturday sessions, Coach Tina and Alison will be there Sunday.
- Be sure to arrive at least 15 minutes before warm-ups to check in and get settled.
 - Friday – Leave Champaign around 11:15 to be there at 12:45. Warm ups start at 1:00. Meet starts at 2:20. Positive check-in closes at 1:30
 - Saturday and Sun AM– Be there at 6:45. Warm ups start at 7:00. Meet starts at 8:20. Positive check-in closes at 7:30.
 - Saturday and Sun PM – Leave Champaign around 10:30 to be there at 12:00. Warm ups start at 12:15. Meet starts at 1:30. Positive check-in closes at 12:45.
- Please wear either your HEAT team suit and cap and/or a practice suit and cap. Please do not wear any Aquachief or Storm apparel.
- Remember to bring a towel, goggles, suit and cap, plus snacks and drinks if needed.