

## Coaches' Report

*YMCA Area Championships, March 15, 16 2008*

*Kishwaukee YMCA*

*Please see directions on HEAT Website- problematic address listed in DCST  
meet info*

**Morning Session = Prelims**

**Afternoon Session = Finals**

- **No Flash Photography allowed on pool deck**
- **No Shaving allowed on site**

### Saturday = Boys

- Warm ups start at **7:20 am**, so **be there at 7:00 am** to positive check-in, and find a spot to sit with the team.
- The Meet starts at **9:00 am**.
- Coach Alison will be at this meet.
- Finals will start 1.5 hours after the conclusion of prelims
- Our team will be required to provide 2 volunteer timers for the Finals Session in the afternoon. Parents please be ready to time if needed. If you would like to volunteer, please contact Coach Alison.

### Sunday = Girls

- 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.
- The Meet starts at **9:00 pm**.
- Coach Alison will be at this meet.
- Finals will start 1.5 hours after the conclusion of prelims
- Our team will be required to provide 1 volunteer timer for the afternoon Finals session. Parents please be ready to time if needed. If you would like to volunteer, please contact Coach Alison.

\* **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 new HEAT apparel or a plain suit/cap.