

Hello TCSC attendees –

FYI that the psych sheet has been posted and we've received no updated information or changes from the meet host.

PLEASE double check your warm up start times and **be on deck, ready to swim 10 minutes before that warm up start time** as requested... especially in a long course format, the available lane space may be minimal during the meet, and if our swimmers are not properly warmed up, we've lost an opportunity for them to be at their best before they even get up to race!

If your coach is unavailable this weekend or on a certain day, please be sure to check in with one of our other YCF coaches. Attending coaches will be...

FRIDAY – Coach Poul

SATURDAY – Coaches Mike, Poul & Tom

SUNDAY – Coaches Jennifer, Mike, Poul & Tom

YCF families are also encouraged to gather at Capt Hiram's Resort for a sunset meal. The address is 1580 US Highway 1, Sebastian, Florida, 32958 with a planned arrival time of 6:30-7:00pm-ish after the meet.

Swim fast YCF!