

Happy New Year YCF!

If you are receiving this email, then you have a swimmer signed up for the GCY dual meet tomorrow!
Below are a few FYI's and reminders:

- Tomorrow's meet is a **Competitive & National Track meet ONLY**... due to Y-USA regulations, it is unfortunately NOT open to Recreational Track swimmers, (although we will soon be posting additional Rec Track meets for 2016). FYI that anyone from the Rec Track who signed up for this meet will not be entered.
- This meet will be larger than expected but, as stated in the meet information, is purposely a 'bare bones' meet just to get another closed Y meet, (i.e. no entry fees, no awards, no concessions, etc). Please plan accordingly for any lunch/snack needs as we will not have food available.
- The meet will have a 12:00pm warm up and 12:45pm start. **PLEASE have your swimmer(s) on deck and ready to swim by 11:50am to meet the coaches and receive last minute instructions, warm up plan and relay assignments.**
- Our Lake Nona Y coaches are unfortunately both unavailable for this meet, so we will be asking all Lake Nona swimmers to instead check in with Coach Alan from the Aquatic Center.
- As stated in the meet information, all swimmers who signed up for this meet will automatically be entered in all five individual events, however, there is no penalty for scratching events with your coach's permission. (To reinforce that point, you need to get your coach's verbal permission BEFORE you decide to skip an event ;)
- We will have swimmers in relays at the end of the meet, which will be announced at the pre-warm up meeting at 11:50am... please be there to find out if you are needed for a relay.
- All swimmers, (and parents with team shirts), should wear our Saturday meet shirt, which is the **blue** YCF Swimming t-shirt.
- We WILL need some parents to serve as volunteer timers, so if you are able and willing to help when we call for timers at 12:15pm, please consider coming on pool deck to help out. This will be a fairly short meet if that is also incentive! :)
- We will have a JOLYN Swimwear representative on site selling some training and recreational suits... FYI to those interested.

Thanks YCF and see you all on deck!