

Hello YCF team –

Entries for tomorrow's dual meet vs. JCLA have been posted on our website, (although everyone was automatically entered in all four events). We will have a few last minute sign ups from JCLA tomorrow morning, so we will not have a psych sheet posted before the meet. Also, JCLA looks to be smaller in attendance than last year, but this will still be a fun meet to rehearse the techniques covered earlier in the clinic.

Doors will open at 8:45am for the stroke clinic and there will be a check in table for payment at the door. All swimmers are asked to bring \$25 in cash, check, or credit card, (although cash or check will be faster). Reminder also that we will be taking payments for previous meet entry fees, which were emailed earlier this week.

Please arrive in time to be through check in and on pool deck, suited with goggles no later than 9:25am to be organized into groups for the stroke clinic. We anticipate the meet to be over no later than 4:00pm.

All swimmers are encouraged to bring a water bottle and wear their favorite YCF swimming t-shirt, (any color). See you on pool deck!