

**Loggerhead Aquatics & YCF Swimming present
"Time To Get Rowdy" Inaugural Dual Meet & Stroke Clinic
Sunday, November 2, 2014**

*** UPDATED CHANGES HAVE BEEN NOTED BELOW IN YELLOW ***

- Location: YMCA Aquatic Center
8422 International Drive
Orlando, FL 32819
(407) 363-1911
- Date/Times: Sunday November 2, 2014
Stroke Clinic: 10:30am-12:00pm
Lunch: 12:15-1:00pm
Fun Meet Warm Up: 1:15-1:45pm
Fun Meet: 1:45-3:15pm
YCF Parent Mtg: 3:30-4:30pm
- Clinic Procedure: Swimmers from both teams will be mixed together and split by age as they move through drill progressions on all four competitive strokes. Each stroke station will be led by a variety of JCLA and YCF coaches including Olympic Gold Medalist (and YCF VP of Aquatics) Rowdy Gaines!
- Lunch: Lunch for swimmers will be catered in from Uno's Pizzeria & Grill
- Meet Format: A variety of 'fun' events will be offered for all ages and will be deck seeded. Times will NOT be submitted to USA Swimming.
- Entry Limit: Swimmers may enter any number of events.
- Entry Fee: The entry fee for this event will be \$25 per swimmer and will cover the cost of the stroke clinic, lunch and meet fees. Entry fees will be electronically invoiced to you. PLEASE do not try to pay entry fees at the front desk of your family center.
- Entry Deadline: All entries must be submitted online through www.ycfswimming.org and are due no later than 9:00pm on Wednesday, October 29.
- Awards: This is a fun meet with nontraditional events. No awards will be given out.
- YCF Parent Mtg: We will have a YCF All Parent Meeting immediately following the meet at 3:30pm. This meeting is for any and all YCF parents and will detail the future direction of the program and the changes set to begin in January 2015.