

2008 Practice Schedule and Meet Sign-Up

Practices will be held **Monday-Friday** up until championships.

They will be divided by **age group** and **ability**:

8-9:15 AM	11 and older
9:15-10 AM	10 and under

PLEASE arrive 5-10 minutes early so you will be ready for practice. Have your suits on with caps and goggles ready.

Swimmers will be rewarded for attendance!!!

Practices will focus on developing strokes and making each swimmer well-rounded in the water. We will work on:

- stroke technique
- race strategies
- starts
- flip turns

PRACTICE MAKES PERFECT!!!!

We welcome club members that practice and compete with USS and Y teams.

MEET SIGN-UP

Swimmers **MUST** sign up for each meet **at least 2 days before the scheduled meet.**

Sign-up sheets will be posted on the bulletin board.

Weather and vacations may interfere with timely sign-ups on the bulletin board. Each coach may be contacted through the website:

www.fsandt.com

Just click on their name to send sign-ups via email.

NO SIGN-UP. . .NO SWIM. . .NO EXCEPTIONS!!!

If your swimmer is unable to attend a meet after signing up, please notify the coaches ASAP so the line-up can be adjusted!

Please notify coaches if you have a vacation scheduled during the season!