



McGaw YMCA Dual Meet

October 29, 2011



Below you will find full details regarding our bus trip to the McGaw YMCA Dual Meet on October 29, 2011. This is an athlete-only travel meet under the supervision of Coach Dave Hedden and Coach Sarah Cempel. Only athletes in 8th grade and older have been invited, so it will be a great team-building opportunity to connect our athletes of similar ages that may practice in different groups. Please contact me regarding any questions you have.

TO DO BEFORE THE MEET:

- Read the itinerary and notes thoroughly.
- Sign and turn in a code of conduct form, if I don't already have one on file for you.
- Complete and turn in your Jimmy John's order along with payment of \$10.
- Make sure you have everything packed that you need, and nothing packed that you don't need.
- Come to practice! Athletes who are not at practice at 6:00am will NOT be allowed on the trip.

ITINERARY

6:00am	Swim practice at Smith Y, regardless of practice group
9:10am	Bus departs Smith Y
9:45am	Breakfast at Golden Corral
11:00am	Depart Golden Corral for Evanston
12:00pm	Estimated arrival at McGaw Y
12:30pm	Warmups begin
1:00pm	Meet begins
4:00pm	Estimated departure time from McGaw Y
6:00pm	Estimated arrival time at Smith Y (kids will call home with updated time)

CONTACTS

Coach Dave's cell: 815-603-1114
McGaw YMCA: 847-475-7400

POOL

McGaw YMCA
1000 Grove St, Evanston, IL 60201

NOTES

- **PRACTICE:** Regardless what your group placement is and what your regular Saturday morning schedule is, all athletes attending this travel meet must be at practice at 6:00am. If you miss practice, you will not be allowed on the bus and will not be allowed to compete.
- **BAGS:** Each athlete will only be allowed one swim bag on the bus, as we will not have room for more than that. Do not bring your mesh equipment bag to practice. Pack everything you need and unpack everything you do not need for the day.
- **DRESS CODE:** Wear a gold t-shirt, black pants/shorts and athletic shoes. Wear your JETS warmups if you have them. Dress appropriately for the weather.
- **FOOD:**
 - Bring 5-6 bottles of Gatorade or water to cover you for the day.
 - Bring healthy snacks for the bus. We can coordinate one athlete to bring a cooler to keep fruit/veggies cold.
 - For breakfast, we will stop at Golden Corral in Bolingbrook. Cost will be roughly \$9.25 for full buffet which includes milk and juice.
 - For dinner, we will have Jimmy John's delivered to the McGaw YMCA after the meet and we will eat on the bus ride home. You will need to fill out an order form and pay \$10 in advance to cover your meal so we can call it in ahead of time.
- **CODE OF CONDUCT:** A travel meet code of conduct must be signed and turned in before the trip if I don't already have one on file for you.