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Website: [www.gsc-swim.org](http://www.gsc-swim.org)

*Providing a sports program for the youth of Juneau for over 30 years*

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## GSC Travel Letter

### **Meet**

Alaska Age Group Championships, Feb 5 - 7, 2016.

### **Location & Meet Info**

Soldotna HS Pool, 425 W Marydale Ave, 907-262-7419.

- All 11-14 year old events are prelims/finals (top 6), except 500 free and 400 IM. Top 6 in each age group (11, 12, 13, 14) qualify for finals.
- All 10/younger events are after prelims.

### **Coaches & Chaperones**

Coach Scott, 957-1815 & Coach Robby, 738-4322

### **Travel Information**

If traveling with the team, please arrive at airport by 6 am on Thursday. Return 12:47 pm on flight 64 on Monday.

Hotel: Kenai Aspen Suites, 10431 Kenai Spur Hwy, 907-283-2272

### **Team Attire**

Travel (Thursday) – GSC warm up jacket or GSC sweatshirt

Friday - NEW GSC BEAST FROM SE t-shirt

Saturday - Yellow GSC Shirt

Sunday -Navy GSC Shirt

Navy GSC caps REQUIRED for every event.

### **Team Warm ups, dinners, events**

Thursday: Warm up from 2 - 3 pm (less crowded) or 6 - 7 pm.

Friday and Sunday prelims – 7:40 am

Saturday prelims – 7:00 am

10/younger and finals warm ups TBD

No Soda's, sweets or energy drinks until completion of meet!

### **Next week practice schedule**

Monday off for all swimmers who attended meet. Depending on performance and sportsmanship, swimmers may earn some fun time next week.

*This program is partially funded by the City and Borough of Juneau through sales tax revenues.*