Welcome to our first Breakout Clinic/Meet with Olympian Caitlin Leverenz!

This is a unique event which will run a little different from your typical meet (or clinic). Below are some important notes and a listing of how we expect the days to flow. Please understand that the times listed are all estimates.

**IMPORTANT NOTES:**

* All swimmer must **Check In** upon arrival and **Check Out** at the end of the event. Check out is where you will receive your t-shirt & swag bag – so please don’t skip this step!!
* Please make sure your swimmer has clothing (and shoes!) they can easily throw on over their suit for pizza party break on Saturday. Sunday swimmers may want clothes to keep warm during breaks.
* We will NOT offer printed Heat Sheets at the event. Heat Sheets will be posted on our meet landing page later today.
* We will not offer a concession stand at this event. However, we will be serving complimentary coffee thanks to our friends at Rusty Dog.  Parents, if you need a recommendation for local food options, just ask a volunteer.

**OCSC SWIMMERS:**

**SUITS:** we do not expect to receive our new team suits until next week. Please know that it is perfectly fine to wear a practice suit (or other team suit) to this event.

**CAPS:** again, our new team caps are not yet in. If you are in need of an OCSC cap for this weekend – please see coach Jim.

*Saturday 9/29 timeline (swimmers 11 yrs & older)*

**Check IN:** Pool lobby beginning at 1:00pm

**Session 1** (Times are approximations):

1:30 – 2:15 pm Warm-up

2:20-2:35 pm Event 1: 11 and Over Mixed 50-meter Freestyle

2:35-2:50 pm Event 2: 11 and Over Mixed 100 Free

2:50-3:05 pm Event 3: 11 and Over Mixed 50 Back

3:05-3:20 pm Event 4: 11 and Over Mixed 100 Back

3:20-4:20 pm Pizza Party

4:20-4:50 pm Caitlin talks to athletes

**Session 2** (Times are approximations)**:**

4:50-5:15 pm Jeannine, Caitlin’s mom talks to parents while athletes warm up

5:15-5:40 pm Caitlin teaches Butterfly

5:40-6:05 pm Event 5: 11 and Over Mixed 50 Fly

6:05-6:30 pm Caitlin teaches Breaststroke

6:30-6:55 pm Event 6: 11 and Over Mixed 50 Breast

6:55-7:20 pm Caitlin teaches IM

7:20-7:50 pm Event 7: 11 and Over Mixed 200 IM

**Check OUT:** NKE Little Gym (directly across from pool entrance) – Swimmers: pick up your swag bag….and a root beer float!

*Sunday 9/30 timeline (swimmers 10 yrs & younger)*

**Session 3** (Times are approximations):

7:00 – 7:30 am Breakfast, meet Caitlin & picture

7:30-7:55 am Caitlin talk

7:55-8:30 am Jeannine, Caitlin’s mom, talks to parents while the kids warm-up

8:30-8:40 am Event 8: 8 and Under Mixed 25 freestyle

8:40-8:50 am Event 9: 9/10 Mixed 50-meter Freestyle

8:50-9:15 am Caitlin teaches Backstroke

9:15-9:25 am Event 10: 8 and Under Mixed 25 Freestyle

9:25 – 9:35 am Event 11: 9/10 Mixed 50 Backstroke

**Session 4**

9:35-9:45 am Snack Break

9:45-10:10 am Caitlin teaches Butterfly

10:10 -10:20 am Event 12: 8 and Under Mixed 25 Butterfly

10:20-10:30 am Event 13: 9/10 Mixed 50-meter Butterfly

10:30 – 10:55 am Caitlin teaches Breaststroke

10:55–11:05 am Event 14: 8 and Under Mixed 25 Breaststroke

11:05-11:15 am Event 15: 9/10 Mixed 50 Breaststroke

11:15-11:40 AM Caitlin teaches IM

11:40-12 pm Event 16 Mixed 10 & Under 100 IM

**Check OUT:** Pool lobby – Swimmers: pick up your swag bag!

Thank you and we look forward to seeing you this weekend.