



Phoenix Aquatic Club

Don Wagner
Head Coach

September 24, 2017
NCAC First Sprint Meet
Mark Twain Pool, Yonkers Montessori Academy
160 Woodlawn Avenue, Yonkers, NY 10704

Session	Arrival Time	Warm-up Time	Start Time
Sun AM – All Groups	9:30 AM	10:00 AM	11:00 AM

1. After your race, depending on your group and coach walk 4 laps around the pool or go into the warm down pool (when open) and swim between 200 and 1000 yards to prepare for your next race.
2. Please wear tennis shoes when you are not swimming.
3. Make sure you are on time and stay until the end of the session to cheer and support your teammates.
4. When you walk into the pool, make sure you have your team shirts and gear on. We will stretch right away and it's very important to look like a team when you walk in.
5. Be ready to get into the pool when the warm-up starts. We have a finite amount of time to get ready to race.
6. Bring something to snack on and drink while you are there.
7. Team Shirt: BLUE
8. **Race hard and have fun doing it!**