



Phoenix Aquatic Club

Don Wagner
Head Coach

**2018 Metro Silver Championship
Felix Festa Middle School
90 Parrot Road
West Nyack, NY 10994
February 23-25, 2018**

Session	Arrival Time	Warm-up Time	Start Time
Fri PM - All Groups	5:00 PM	5:30 PM	6:30 PM
Sat AM - 10&U/13-14	6:30 AM	7:00 AM	8:00 AM
Sat PM - 11-12/15-18	12:30 PM	1:00 PM	2:00 PM
Sun AM - 10&U/13-14	6:30 AM	7:00 AM	8:00 AM
Sun PM - 11-12/15-18	12:30 PM	1:00 PM	2:00 PM

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: **Friday: GRAY Saturday: WHITE Sunday: BLUE**
8. **Race hard and have fun doing it!**