Team Practice & Gear Pick Up

SUNDAY JULY 29TH

In an effort to bring our team together as one and to get everybody their team gear prior to the meet we will be hosting a TEAM PRACTICE and GEAR PICK UP!  **This event is 100% encouraged for all team participants!**

Location: Genesee Valley Park (131 Elmwood Avenue Rochester, NY)

**Check In / Gear Pick up for 12&U Athletes: 8am-8:45am**

**Check In / Gear Pick up for 13&O Athletes: 9am-9:45am**

**Practice for the 13&Over Athletes: 8am-845pm**

**Practice for 12&U Athletes: 9am-9:45am**

\*Practice will be a team effort and all participants will do the same workout with their age group. Our NIZT Coaching Staff will administer. Practice will also include team building activities and TEAM CHEER PRACTICE!\*

All athletes participating in the NIZT meet will be registered for this event. **It is your responsibility to decline the event if you are unable to attend**.

Athletes unable to attend can request their gear be sent with another family/athelte or brought on the NIZT bus the day of travel. Please forward all requests to Coach Sara: agegroupchair@niagaraswim.org