**Saturday Meetings**

I will be providing one on one 30 minute Nutrition Meetings for swimmers. Families are also allowed to come to the meetings. You will have to e-mail me at [castahl17@yahoo.com](mailto:castahl17@yahoo.com) to make an appointment.

Here are my upcoming Dates:

October 22nd Saturday @ Bridgewater from 9-1pm

November 19th Saturday @ Bridgewater from 9-1pm

December 3rd Saturday @ Bridgewater from 9-1pm

**To make an appointment you MUST e-mail me you’re child’s:**

* **Name**
* **Group they are in**
* **Time**
* **Issues you want to discuss**

Meetings will be held in the Coaches Office by the diving boards