Practice Groups Times by Location

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| https://ci4.googleusercontent.com/proxy/b-uavIJn8kDgrzPia05Yp69Ocuvl9CwCAmRuWiIDkVi-AxtNWVGIdXqW6GFrgEnwQ19M9vc5-3PMi--x-xns=s0-d-e1-ft#http://www.teamunify.com/_images/_spacer.gif |

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| **Saturday, November 10th Meet Information** |

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| Information on tomorrows meet vs Loudoun Country Day School at the Madeira School ([8328 GEORGETOWN PIKE](https://maps.google.com/?q=8328+GEORGETOWN+PIKE&entry=gmail&source=g)) is below.  We look forward to seeing your swimmer there!  **PSYCH SHEET** - I have upload the meet PSYCH SHEET to the Swim Club website.  The psych sheet includes swimmers and events but not lane/heat assignments. To view the PSYCH SHEET, visit the website and click on the TSC Calendar, then The Swim Club Meet Schedule drop down tab or a link to the [MEET SCHEDULE TAB HERE](https://www.teamunify.com/SubTabGeneric.jsp?team=recvatsc&_stabid_=146696).  **MEET PROGRAM** - *The final meet program will also be uploaded to the meet schedule tab on the website later this afternoon/Saturday morning (once received from the host team).   The meet sheet will include heat and lane assignments****.  Please print a copy for yourself.***  **Arrive at Pool – No later than 11:45**(give yourself time to park and get ready for warm up at 12:00) Warm-Ups: 12:00 (there will be a small warm-up window, so please be on time!) Warm-Up Lanes: TBD **Meet Start: 12:30 PM** **Meet End: 3:00 PM**  **What to bring?**   * Suit, goggles, Swim Club swim cap (will have them on hand for those who need them)!! * Towel + an **extra towel or sports chair to sit on!** * Cards, book or game to play while waiting for events   **Where to go once you get there?**  Swimmers – The Swim Club has an assigned a team area on the pool deck.  Typically this area is just as you enter the pool along the wall (end of pool, not side).  We will meet there and get ready for warm-up.  Swimmers should remain in the team area for the duration of the meet.  Parents – Parent seating is located in the stands above the pool.  You will have a great view of all the races from above!! ~Due to the limited deck space, parents need to use the bleachers above the pool and not to sit in the team area.  **4-5 Volunteers Needed – Can you help?** As a guest of the meet, we have been asked to provide a few timers.  These 4-5 positions are required for us to attend the meet.  See one of the Swim Club coaches on deck if you are able to volunteer your time. It’s the best seat in the house!!!  **DRIVING DIRECTIONS From Claude Moore**-------------------------------------------------- A) [46105 Loudoun Park Ln, Sterling, VA 20164](https://maps.google.com/?q=46105+Loudoun+Park+Ln,+Sterling,+VA+20164&entry=gmail&source=g)-9209 US --------------------------------------------------    1. Start out going west on Loudoun Park Ln toward Heritage Farm Ln.  (go 0.75 miles)    2. Take the 2nd right onto VA-637 N.    3. VA-637 N becomes Cascades Pky.  (go 0.43 miles)    4. Merge onto VA-7 E toward Tysons Corner/Falls Church.  (go 3.71 miles)    5. Turn left onto VA-193 E/Georgetown Pike.      - VA-193 E is 0.3 miles past Sugarland Rd      - If you reach Reston Ave you've gone about 0.1 miles too far  (go 7.13 miles)    6. 8328 GEORGETOWN PIKE is on the left.  **Other info:**  Have your swimmer get a good night’s sleep and eat well.  Encourage them to swim their best and HAVE FUN!  This is a great starting point to our season and we look forward to seeing your swimmers’ in the water in a competitive environment.   Swimmingly,  Coach Ginger |