Things to Keep in Mind for the Meet:

1. Sportsmanship for the opposing team:

Make sure you shake hands at the end of each heat with the opposing team.

1. Sportsmanship for your teammates. Cheer on and support your teammates.
2. Quick Reminders:

-Freestyle: NO breathing in and out of your start and walls

-Backstroke: Make sure you don’t look for the wall on your finish-keep your head back

-Breaststroke: Use the pullout if you are comfortable with it DO NOT if you are not (You will get there☺). No pulling past your hips with your arms, no flutter kick, TWO-hand touch for finishes

-Butterfly: Keep your hips up, legs together no flutter kick, TWO hand touch for finishes.

-General: Turns- Fast turns (hit drop off-touch turns), tight streamlines off your freestyle turn. Use your legs off the walls the better you use your streamlines the less strokes you will need to take each length of the pool.

IV. Most Importantly:

Do your best and have fun!

Swim Up Athletes

Thank you for helping your team and swimming up this meet!

Wyatt Cummings-7-8 Medley D Relay –Butterfly

Luke Slattery 9-10 Medley C Relay-Freestyle

Holden Sims 11 & 12 Medley B Relay-Fly

David Sosa 11 & 12 Medley B Relay-Free

Ella Drury, Celia Wylie, Joana Kates- 7 & 8 Freestyle E Relay

Catori Brisbin-15-18 50 Backstroke

Adrian Martinez, Jesus Silva- 15-18 50 Backstroke

Ben Stelmak- 15-18 50 Breaststroke

Adrian Martinez-15-18 50 fly

Luke Slattery 9-10 Freestyle C Relay

Caitlin Ostfield 13 & 14 Freestyle B Relay

Ethan Smith, David Trevino, David Sosa 13 & 14 200 Freestyle B Relay

**Adrian Martinez, Jesus Silva & Ben Stelmak-15-18 freestyle relay-see me about this when you arrive.**