

Hello YMCA Nationals qualifier -

You are receiving this email because you have declared your intention to attend the Long Course YMCA Nationals.

We will be leaving on Saturday, July 24 from the William G. White, Jr. Family YMCA, (775 West End Blvd, W-S, NC, 27101). We will swim at 8:30am and plan to leave at 10:00am. Eat breakfast beforehand and bring a snack as we will stop for lunch around 12:00pm.

All meals will be covered during the trip and are included in the total cost of the trip. Restaurants and take out selections will be announced next week. You will need to bring money for souvenirs and groceries, (snacks, water, shaving items, etc.), which we will buy once we get to Maryland. Avoid packing these items as room will be limited in the vans.

The team will be staying at the Residence Inn Greenbelt, (310-982-1600). All roommates will be assigned by the coaches. All aspects of the TYDE Code of Conduct are in effect during the entire trip. Swimmers will be chaperoned by the coaching staff at all times except when in their rooms. Any parents attending the meet are requested to stay next door at the Hilton Garden Inn or at another property.

The meet is held at the University of Maryland. This will be the LAST year at U of M, (FYI).

We will return on Saturday, July 31 at approximately 3:00pm. Pick up will again be the William G. White, Jr Family YMCA and we will instruct the swimmers to call with 30 minutes notice.

The total cost of the trip is \$600 per athlete, which is after a sizable subsidy from the YMCA. This total includes transportation, lodging and food for the entire 8 days.

Swimmers need to travel with the team the duration of the trip from pick up (July 24) to drop off (July 31) and variations from this plan will only be made in special circumstances. Those requesting alternate plans must contact Coach Brady ahead of time for approval and to sign the appropriate release forms.

Use Coach Brady's cell phone as an 'emergency ONLY' number - 336-608-2306.

Final individual meet entries will be posted later in the week and a psych sheet posted sometime next week. Relays will be announced on a day by day basis at the meet and will be based on coaches discretion. Information from the meet, including real time results and live webcasting, will be available through swimnetwork.com from the banner link on our TYDE home page.

As always if you have any questions, please ask... and welcome to the team!

Your TYDE coaches