



Information sheet for Early Achiever's and Achiever's attending the Heritage City SC at Maryborough this coming weekend.

The Team:

There are 75 swimmers coming from most clubs in Wide Bay. In total there will be 240 swimmers in attendance. Some clubs are going to warm up at their own pools before travelling to Maryborough. (Hervey Bay, Fraser Coast)

Coaches:

Head Coach - Di Feldman Coolum. Assisting Di will be Adrian Williams from Maryborough.

If your own coach is in attendance for the day you are welcome to take your warm up and race instructions from your coach. If your coach is not going to be there they are encouraged to contact Di or Adrian if they wish.

Managers:

3 Managers will be appointed from the parents whose swimmers are attending. Managers will be notified by Wednesday.

Tent space:

Tent space has been allocated for the team. We are aware some swimmers will want to sit with their own club however please report to Di at the beginning of the day.

What to bring:

Swim gear, warm clothes, a chair, a JX or WB swim cap if you have one. Drink bottles.

Swim Caps:

We have ordered swim caps and they should be here by the weekend. Just bring a JX or WB cap just in case and for your spare.

Warm up:

Warm up will begin at 7:15am.

Food:

Wide Bay will provide fruit and muffins for morning tea. Swimmers will be given a \$5.50 food voucher to use at the Maryborough SC BBQ (not kiosk) for lunch. Menu items for purchase include pasta, chicken kebabs, hot dogs, steak burgers and much more. If you want other snacks please bring them.

1500, 800 and 400IM swimmers:

Di Feldman in attendance for these events.

Team Photograph:

Please assemble at the northern end of the 50m Pool in the lunch break. We need a photo for the website.

Scratchings.

ALL scratching must go to Di. A few swimmers have nominated in up to 13 events. Swimmers scratching from events will need to pay for these events. Wide Bay has spent over \$2,000 in nominations. Part of joining a team is to nominate realistically and responsibly. Wide Bay has no problem paying for these events but not if they are just to choose what to do on the day because it doesn't cost you anything.

If you are sick and unable to attend please phone Di Feldman on 0427327783. You will need to provide a medical certificate to Wide Bay (PO Box 944 Kingaroy 4610) within 14 days of the meet. No medical certificate means you will be invoiced your nominations fees and food for the day.

Have a great day. Enjoy representing your region and be proud you made the team. The Wide Bay committee is! I'll be at the Swimming Queensland AGM. I know where I'd sooner be!