

## Fall 2011 Stroke Clinic Mini Meet

This Saturday, December 17<sup>th</sup> the fall stroke clinic mini meet will take place at the Nassau County Aquatic Center. The meet will start at 12:00pm and run until 2:00pm. Check in will begin at 11:45pm on the pool deck. Swimmers will receive their t-shirts at check in.

Swimmers should bring their goggles, cap, towel, water bottle, snack, and a backpack or bag to keep their belongings in. Do **not** bring your fins, kickboards, or mesh bag; you will not need these items and we do not want them to be misplaced.



We look forward to seeing everyone at the meet this Saturday!

Good Luck Swimmers!!

