

**Host:** Coach Yvette Silvey  
**Location:** Dwight H. Hunter (Northeast) Municipal Pool  
1100 NE 14st Street, Gainesville, FL 32601 US  
**When:** Monday, August 11, 4:20PM  
**Phone:** 352-870-7319

*Swimmer, Diver and Parents..... please use print option above to print this info and make notes for the requirements of the start of our 2008 season. We already have an amazing team and we look forward to a successful and FUN season.*

**REQUIREMENTS: REQUIREMENTS: REQUIREMENTS: REQUIREMENTS:**

**1) Paperwork**

Click on the links below and print off and **COMPLETE BY THE FIRST DAY OF PRACTICE**. Bringing completed Physicals and Parental Consents is **the first day of practice is mandatory.** < Monday, August 11, 2008 These requirements are sanctioned by the State of Florida to be able to participate in any high school sports. Thank you for your participation and diligence to get these prepared for the first day of practice. Here are the links:

[http://www.fhsaa.org/forms/pdf/EL02\\_physical.pdf](http://www.fhsaa.org/forms/pdf/EL02_physical.pdf)

[http://www.fhsaa.org/forms/pdf/EL03\\_consent.pdf](http://www.fhsaa.org/forms/pdf/EL03_consent.pdf)

**2) Education and Safety is a priority. Please have the following equipment the first day of practice:**

Composition Book (for note taking)

A practice Swim Suit

Work out clothes

Supportive Work-out Shoes

Flippers

Goggles

Swim Caps will be provided - compliments of Olympic Swim Trials

Equipment Carry Bags

Towels

Sun Screen is suggested

Filled Water Bottle

**3) Practice Times & Details**

First day of practice > Monday, August 11th

Practice days are Monday through Friday

Practice time is 4:30-6:30 pm at the Northeast Pool

M-W-F are strength conditioning days. Wednesdays are with our own strength conditioning coaches. On M-W-F you **MUST** bring work out clothes and work out shoes.

Any questions, please call or email Coach Yvette **GO CANES!!** :)  
yvettetalkfusion@cox.net