



Welcome to the 2009/2010 Swim Season!!! We don't want the swim meets to seem overwhelming, so here are some guidelines on what to expect at upcoming dual meets.

Coach D. Jay will ask swimmers the practice before a dual meet if they plan to attend the next day. If you will not be at practice the night before a dual meet let Coach D. Jay know earlier if you plan to be at the dual meet.

Each dual meet will be on a weekday night. Warm-ups start at 5:45 p.m. and the meets start at 6:30 p.m. **This is for every dual meet.** It is very important that the swimmers get there at 5:45 p.m. so they have an adequate amount of time to warm up. Please do your best to get them there on time. Please let your swimmers know to meet Coach D. Jay on the pool deck for the dual meets. Parents do not need to come out on deck to drop off their swimmer's stuff, but if you want to take them into the locker rooms to get them ready that is appreciated. Parents otherwise are not allowed on pool decks while the meet is going on. Each pool will provide stands for you to watch your swimmers during the meets. After your child is done swimming, they need to ask Coach D. Jay if it is all right for them to leave. There might be a possibility that we would need your swimmers to swim in the final relay, so unless given permission please do not leave the meet. Also, the JAMS need to make sure that the team area is cleaned up after every meet, even if your swimmer did not make a mess, a whole team effort is needed to clean our team area up! !

There is no charge for your swimmers to attend these meets but the hosting clubs do have to pay for pool rentals, referees, and awards. For meets that we host we will be asking for parent volunteers to help out. Mostly we will be looking for timers and helpers with concessions. Because the costs of these meets go up every year we try to make things run as smoothly as possible and concessions profitable.

We hope this answers questions on how the meets work during the season. If you have any more questions don't hesitate to ask Coach D. Jay or Coach Ashley at anytime. Our emails and phone numbers our provided on our website www.jolietandmorrisstingrays.com or please ask us after practice.

And as a last item, please remember that Blue Division Conference will be held on Saturday, February 13, 2010. Please keep this date open. More information on this as well as our Winter Moon Classic to be held January 16 and 17, 2010, will become available as we get closer to these events.