

National Team Members

We need your help

The team is asking ALL National Team Members who are not competing in Age Group State to help out at the meet for at least one session.

This is a great way to “give back” to your team and your families. You can also even earn community service hours (for National Honors Society). The meet is July 28,29, 30 at UIC, so Sectionals will be over already.

The 14 & Under Swimmers on our team will really appreciate seeing you at the meet.

This is also a great way to help make our team look good in front of the whole state!

We are looking for National Team members to help with timing, awards, running, and the ready room. Please sign up and return this form to the coaches by July 14.

Session	Warm-up	Meet Starts	Natl. Team Timers Arrive	All Other Natl. Volunteers Arrive	Ages / Session
Fri a.m.	7:00 a.m.	8:30 a.m.	8:00 a.m.	7:00 a.m.	11-12, 13-14 (Prelims)
Fri mid	12:30 p.m.	1:30 p.m.	1:00 p.m.	12:30 p.m.	10 & Under
Fri p.m.	4:00 p.m.	5:00 p.m.	4:30 p.m.	4:00 p.m.	11-12, 13-14 (Finals)
Sat a.m.	7:00 a.m.	8:30 a.m.	8:00 a.m.	7:00 a.m.	11-12, 13-14 (Prelims)
Sat mid	12:30 p.m.	1:30 p.m.	1:00 p.m.	12:30 p.m.	10 & Under
Sat p.m.	4:00 p.m.	5:00 p.m.	4:30 p.m.	4:00 p.m.	11-12, 13-14 (Finals)
Sun a.m.	7:00 a.m.	8:30 a.m.	8:00 a.m.	7:00 a.m.	11-12, 13-14 (Prelims)
Sun mid	Approx 12:00 p.m.	Approx. 12:30 p.m.	Approx. 12:00 p.m.	Approx 12:00 p.m.	13-14 (1650 only)
Sun p.m.	4:00 p.m.	5:00 p.m.	4:30 p.m.	4:00 p.m.	11-12, 13-14 (finals)

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Please put an “X” in the session you can help at. Please sign up and return this form to the coaches by July 14.Thanks!

Name:	_____								
	Fri Prelims	Fri 10 & U	Fri Finals	Sat Prelims	Sat 10 & U	Sat Finals	Sun Prelims	Sun 1650	Sun Finals
Timing									
Awards									
Runner									
Ready Room									