Coaches' Notes
June 17, 2010

Families...

A few notes about **this weekend's Meet against the Woodcreek Seawolves** at the Roseville Aquatic Center.

- Check in is at 6:45am.
- Be sure to get phone numbers of others on the team in case you run into problems getting there on time.
- Warm-ups start at 7:35am.
- If you notice your swimmer is in only 1 or 2 individual events (and you did not request to leave early or arrive late) please see Coach Brenda ASAP the morning of the Meet. Your child should be entered in 3 individual events.
- Please wait to get your ribbons until your child is done swimming. It takes approximately 30 minutes after the event before the ribbons are placed in your file. We prefer you wait to pick them up at practice on Monday.

Directions to Roseville Aquatic Center:

From:	Wackford Aquatic Complex	9014 Bruceville Rd Elk Grove, CA 95758-8450 US
To:	Roseville Aquatics Complex	3051 Woodcreek Oaks Blvd Roseville, CA 95747

1. Start out going NORTH on BRUCEVILLE RD toward BIG HORN BLVD. (0.6 miles)
2. Turn RIGHT onto SHELDON RD. (0.9 miles)
3. Turn LEFT onto E STOCKTON BLVD. (0.1 miles)
4. Merge onto CA-99 N via the ramp on the LEFT toward SACRAMENTO. (8.9 miles)
5. Take CAPITAL CITY FWY toward RENO. (9.3 miles)
6. Merge onto I-80 E. (2.9 miles)
7. Take the GREENBACK LANE exit, EXIT 98, toward ELKHORN BLVD. (0.3 miles)
8. Turn LEFT onto CR-E14/ GREENBACK LN. Continue to follow CR-E14 W. (1.8 miles)
9. Turn RIGHT onto WALERGA RD. (4.1 miles)
10. Turn RIGHT onto BASELINE RD. (1.2 miles)
11. Turn LEFT onto WOODCREEK OAKS BLVD. (0.9 miles)
12. Turn LEFT onto MCANALLY DR. (0.0 miles)
13. End at 3051 Woodcreek Oaks Blvd Roseville, CA 95747

Total Estimated Time: 41 minutes
Total Distance: 30.97 miles