

THURSDAY'S BLOCK PRACTICE

(6/25/09)

Prior to block practice, each coach should check-in at the Meet Director's table. Any equipment RCSL has agreed to borrow should be properly labeled and turned in to the Meet Director. A receipt will then be issued. Coaches will receive a packet containing the coaches' heat sheets and lane warm up assignments and deck passes.

Numbers will be given at the beginning of block practice for hanging signs and you will go in according to your number. There will be deck monitors watching as the signs are being hung to make sure rules are being followed. Signs may not be hung above the conduit or between the diving boards. No signs may be hung over speakers, the HSA or 1st Place Athletics signs. Please bring your own ladders. *Any signs that contain questionable content will be removed by the Natatorium staff or Meet Director.*

NOTE: Friday has been reserved for the City Dive Meet. We encourage your attendance to cheer for the dive teams but you are not allowed to distract the competition in any way. That means no practice on Friday, no hanging of signs, etc. Signs may be hung after 8 AM Thursday. We appreciate your cooperation.

8 – 9	JVRA	SHER	
9 – 10	BLOS	PIED	VHCC
10 – 11	HAMC	LILY	MCST
11 – 12	MNSO	BYRD	WHBG
12 – 1	GREN	MTSP	CHAP
1 – 2	CAML	SHJN	YMCA