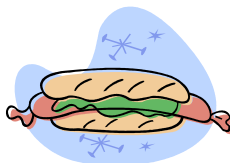


Join us in getting ready for Championships and help us celebrate another great Long Course season!

Bring the whole family and join your teammates and friends for the

Mako Long Course BBQ and Pep Rally



Thursday, July 16, 2009

6:00pm — 8:00pm

YMCA Greenknoll Camp

All swimmers should arrive at 5:30pm SHARP for the team picture

Please wear your team suit or a dark colored suit

Hot dogs and hamburgers provided, attending families please bring the following

Last names starting with A — I: Salad (green or pasta)

Last names starting with J — R: Dessert

Last names starting with S — Z: 12-pack soda

\$5 per individual, \$10 per family payable at the BBQ

No unaccompanied swimmers under 14 please