

# SECTIONALS

Lead Coach:  
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Senior Group Committee Liaison:  
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## GROUP INFORMATION PAGE



### COACHING PHILISOPHY

Take care of yourself, take care of each other, and the rest will take care itself

### PRACTICE PHILISOPHY

My expectation is that make sure your practice attendance and your desire to improve are on the same level.



### TENTATIVE MEET SCHEDULE

VA Beach Away Meet -- Oct 6-8  
Big Southern -- Nov 10-12  
Blizzard Blitz -- Dec 8-10  
Polar Plunge -- Jan 12-15  
February Qualifier -- Feb 11  
Sr. Champs -- Feb 22-25  
TAC Quad Meet -- Mar 8-10  
Tar Heel States -- Mar 22-24



### EQUIPMENT LIST

- SPEEDO MESH BAG
- ARENA SHORT FINS
- SPEEDO JR KICKBOARD
- RISE PULSE PADDLES
- SPEEDO SNORKEL
- SPEEDO BOUY



### CONTACT PREFERENCES: EMAIL

COACH MATT WILL SEND OUT COMMUNICATIONS ONCE EVERY OTHER WEEK UNLESS THERE ARE IMPORTANT UPDATES TO SCHEDULES. I LIKE TO GATHER ALL NECESSARY INFORMATION FIRST TO KEEP THE NUMBER OF EMAILS LOWER.