

Yuma Heat's

# News Splash

October 12, 2006

## **[www.yumaheat.org](http://www.yumaheat.org)**

The Heat's internet home is the place to go for complete team information !

## **Contact Information**

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## **No Practice: Friday, October 13.**

The Quechan's have a special event Friday and the pool will be closed for the day. There will be practice on Saturday, October 14 (Marcus Pool). Seniors 7-9:30 AM and Orange 7:30-9:30 AM (Orange 1 swimmers are invited to this practice !).

## **Bring A Friend Day: Wednesday, October 18.**

We would like EVERYONE to bring a friend to practice this coming Wednesday. Not just anyone, but someone that you think would like to join the team. You enjoy swimming with the Heat and you probably know someone that would enjoy it too. This is your chance to introduce them to competitive swimming !!!

## **No Practice: Thursday, October 19**

High School City Championships at Marcus Pool (4 PM). This is a great opportunity to see the city's best (including many of Yuma Heat's best !).

## **Mini Meet: Saturday, October 21**

This is for everyone. Meet warm-ups will be at 2 PM and the meet will begin at 3 PM. There will be practice for the Seniors (high school swimmers) from 11:30-1:30 PM.

### **No Practice Friday, October 27**

High School Regional at Marcus Pool (and travel day for those attending the La Jolla meet).

### **La Jolla "BC": October 28 & 29**

Because Friday's practice is cancelled, sign-up for the La Jolla meet has been extended until Monday, October 16. Entries will be sent on Tuesday, so Monday is it ! Meet info and eligibility list are posted on the website.