

Speedo Canadian Western Champs

Saskatoon, SK
Thursday February 18-21, 2010

Attending Coaches: Steve Price & Jason Chugh

Departure:

Date: Tuesday, February 16, 2010

Flight: WJ Fit. #180 departing 3:20 PM

Time: Please be at Edmonton International Airport at 1:40 pm at the Westjet check in counter. Please ensure you have valid picture id.

Return:

Date: Monday, February 22, 2010

Depart: WJ Fit. #547 departing at 0705 am arriving via Calgary in Edmonton 0924 am

Accommodation

Obasa Suites
Hallmark Place
311 6th Avenue North
Saskatoon, SK
S7K 7A9

And the

Park Town Hotel
924 Spadina Crescent East
Saskatoon, SK.
S7K 3H5

Chaperones: Bonnie Lantz and Linda Morgan

Dress Code

On the Flight:

Bear Wear – Blue Nike Track Suit Jacket
Dress well but comfortable – look like a team!

At the Meet:

Bear Wear – (Club t-shirt, Westerns t-shirt & tracksuit)
Racing Caps
Extra Towels

What to Bring:

Bear Wear – New Racing Suit, T-Shirts, Shorts, Track Suit, and Training Gear (extra goggles)

Water bottles & plenty of snacks for on and off the deck.

Photo ID for Doping Control

Prescribed drug exemption form

Lock for lockers available at the pool

Competition and Race Plans

Plate, Bowl and Cup

Shaving Kit

Money for Team dinner on Wednesday pm

Dress for the weather

Pillow

A Team massage therapist has been hired to work with the team throughout the meet.

The cost of the trip is estimated at \$ 1200.00 and will be billed to your account. At conclusion of the meet any adjustments to expenses may be reflected on your account.

GO BEARS!