

Hello SWAC -

As previously communicated, there will be a SWAC spirit night on Friday, January 29. This is the night before division (B) swimming champs. All SWAC participants are invited to come.

We will be decorating t-shirts in the CB South Cafeteria from 6-7:30pm.

Plan to attend your practice session and come to decorate a shirt in the cafeteria BEFORE your practice. We expect each child will spend only a short while working on his/her shirt so there is plenty of time to attend your practice session and participate in the spirit night. Even if you're not practicing that night, feel free to stop by the cafeteria to decorate a t-shirt. **This is not a drop-off event - all children must be supervised by a parent while in the cafeteria. Parents are also asked to help their children clean up their work area upon completion of the decorating process.**

Each athlete should bring his/her own t-shirt.

Decorating supplies will be provided - if you have some, feel free to bring them (stencils, fabric markers, etc.).

The idea is that the athletes will wear these shirts to champs.

Please bring a snack to share with the group.

Water will be provided.

Hope to see everyone there.