**Northumberland & Durham Relay Team Championships 2019**

**Saturday 9th March Sunderland Aquatic Centre**

Dear Athlete

Congratulations !!!!

You have been selected as a member of the City of Sunderland ASC squad for the upcoming N&D Team Championships to be held at Sunderland Aquatic Center.

This is an event with a BIG TEAM FOCUS and as such is a full day event.

We will be arriving at Sunderland Aquatic Center for 7:30am . All of the COSASC athletes will be requested to stay for the full day regardless of teams making finals .. This is a TEAM !

We will complete our post pool recovery as a TEAM so can I ask all athletes and families understand that this is a full day event 7.30am - 7.30pm

We will in addition be delivering three TEAM focused sessions on the Monday Wednesday and Friday the week leading into the meet.

We will be releasing details for this very soon again can we ask that all athletes make themselves available for the whole preparation period leading into the meet as well as the whole TEAM Day.

Can you please confirm your availability ASAP to your squad coach.

If you have any questions please feel free to contact me

Kind Regards

Danny Thompson

Lead Performance Coach

City of Sunderland ASC