



Montclair YMCA
25 Park Street, Montclair , New Jersey 07042
www.montclairymcaswimming.com
(973) 744-3400 Ext. 109

To Whom It May Concern:

The Montclair YMCA Dolphins Swim Team will be participating in our annual season ending championship meets in Florida and North Carolina. Each swimmer has prepared long and hard to be able to accomplish their goals in order to compete at these meets by practicing anywhere from 4-7 times per week. With that being said we would ask that during the weeks leading up to these meets, if it at all possible that our athletes refrain from any overly strenuous activity that may adversely affect their performance. We realize that Physical Education is an important part of the student's curriculum and we believe very strongly that it should be, however anything that can be done to minimize over work at this point of the year would be greatly appreciated.

Please contact Brian Greene with any questions or concerns.

Brian Greene
Head Coach
Montclair Dolphins