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Dear Parents and Swimmers,

The time has come for our W.E.S.T. **Mile with Smile.**

The success from our past events allowed the team to purchase all swimming equipment for our team. This time we would like to purchase TRX-S frame. WEST will become the only sport club in Windsor -Essex county which can provide training, hybrid workouts and small group training needs combined with this S-Frame with the extensive programming and education offerings for athletes.

The **Mile with Smile** competition 1500 metres (60 lengths of the pool) will take place in May 2017 at WIATC and Adie Knox Pool(all swimmers will race once).

Silver: Thursday, May 25 at 6:30 - 7:30 and Saturday, May 27 at 11 - 12
Gold : Thursday, May 25 at 5:30 – 6:30 and Saturday, May 27 at 12 - 1pm
Platinum: Thursday, May 25 at 5:30 – 6:30 and Saturday, May 27 at 12 - 1pm
Seals : Saturday, May 27 at 11:30 – 1pm
Beavers: Saturday, May 27 at 10 - 11am
Teen, Otters and Barracudas: Thursday, May 25 at 4:30- 7:30 pm
and Saturday, May 27 at 1 – 3pm



Again this year, we are asking that every swimmer raise minimum of \$30.00. (Tax receipts and WEST Mile with Smile cap will be provided for amount of \$30 and more)