

April 7 - 8

2018

# MIDWEST REGIONAL SWIM MEET

# PARENT SHOUT-OUT!

## PROUD OF YOUR SWIMMER? LET THEM KNOW!

Every year we offer the opportunity to include YOUR words of encouragement to your swimmer(s) in the Midwest Regional Swim Meet official program.

### \$10/SHOUT OUT 30 WORDS MAX

SUBMITTED BY:

## MARCH 16TH

Swimmer Name:

Parent Name:

Parent Email:

Parent Phone:

Shout-Out! (30 words Max.)

---



---



---



---

### SUBMIT THIS FORM AND \$10 TO MYAS - ATTN: ANGELA WALCZAK

Via Mail:

MYAS  
1011 Osborne Road NE  
Spring Lake Park, MN 55432



Via Email:

angela@myas.org  
763-746-1733  
(For credit card information)

**NEW THIS YEAR! Submit your Shout-Out Online.**