

NAWGJ NEWSLETTER

January/February, 2003



Tid-bits of Information

Usually it's freezing cold in a gym...we need to wear something a bit warmer along with the required white blouse. Here are some suggestions:

1. Bring a blanket with you. You can purchase a nice, fleece one at Target, Walmart for under \$15.00. They're especially made for laps.
2. Wear a white sweater or white vest over your white blouse and under your jacket.

Knowing that most gyms (especially meets held in outside facilities) are air conditioned, please come prepared for "fridged" temperatures. Please do not wear colored sweaters, sweatshirts etc. from being worn. Select a white sweater or vest or dark navy blue vest. Please do not wear leg warmers or sweaters that hang below the length of your jacket.

If Carol Curley loved us all enough...she would knit each one of us nice white, thick sweaters....