



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ATHLETE WELCOME PARTY

**2019 YMCA NATIONALS**  
**Monday, April 1 - 4:15 to 5:15 pm**  
**GREENSBORO AQUATIC CENTER**

Come get psyched up for Y Nationals! Feel the energy and be part of the exciting build-up to the start of the meet on Monday evening, April 1.



## **Olympians Rowdy Gaines, Cammile Adams and Nathan Adrian**

Hear Rowdy Gaines, Olympic Gold Medalist and the "Voice of Swimming" interview two-time Olympian Cammile Adams, and five-time Olympic gold medalist, Nathan Adrian. Learn from these champions in and out of the pool. Let them get you ready to be your best!



## **Team Cap Exchange**

Bring a team cap to exchange with a swimmer from another team.

## **Fun with the Gate Guys**

Can you hang with the Gate Guys.? Participate in games and challenges with the world-famous Gate Guys.