

**U16 National Championships**  
**Mississauga, Ontario**  
**July 30 – August 3, 2009**  
**Information Bulletin #3**

**Team Lists**

Team lists are due July 15, 2009. Please forward the team list to Mary Cicinelli at [mcicinelli@iwh.on.ca](mailto:mcicinelli@iwh.on.ca). Please include the name and number of all participating athletes and please identify coaching staff and support staff. If you have a team picture, please forward it along with your team list. All attempts are being made for including a team picture of all participating teams.

**Breakfast Location** – July 30 - August 3, 2009

Toronto Board of Trade Rooms  
6:30 am -10:00 am each morning

**Meeting Rooms** – Toronto Board of Trade

3 Smaller meeting rooms are available for team meetings  
Rooms can be signed out for 1 hour blocks after 10:00 am – 11:00 pm each day  
Sign out sheet will be located outside each room, on an honour system will apply and room will be booked on first come first serve

**Hotel Parking** – included in the room rate

At check in please, please let the front desk know that your have a vehicle.

**Ice**

Ice machines are available for your use, if the machine is empty, please contact the front desk and you will be direct to where the ice can be picked up.

**Workout Room**

Please check the hotel for hours of operations. Athletes under the age of 14 are NOT allowed to use the room without adult supervision.

**Pool**

A pool is available for your use. Please check with the hotel for pool hours.

**Team Dinners**

Please contact, Jennifer Sioutis, Event Manager at the hotel directly if you are interested in holding a team dinner at the hotel. Menus are available in Bulletin # 1. The hotel would like at least 7 days notice if you are interested in holding a team dinner. You can reach Jennifer at [Jennifer.Sioutis@marriott.com](mailto:Jennifer.Sioutis@marriott.com)