

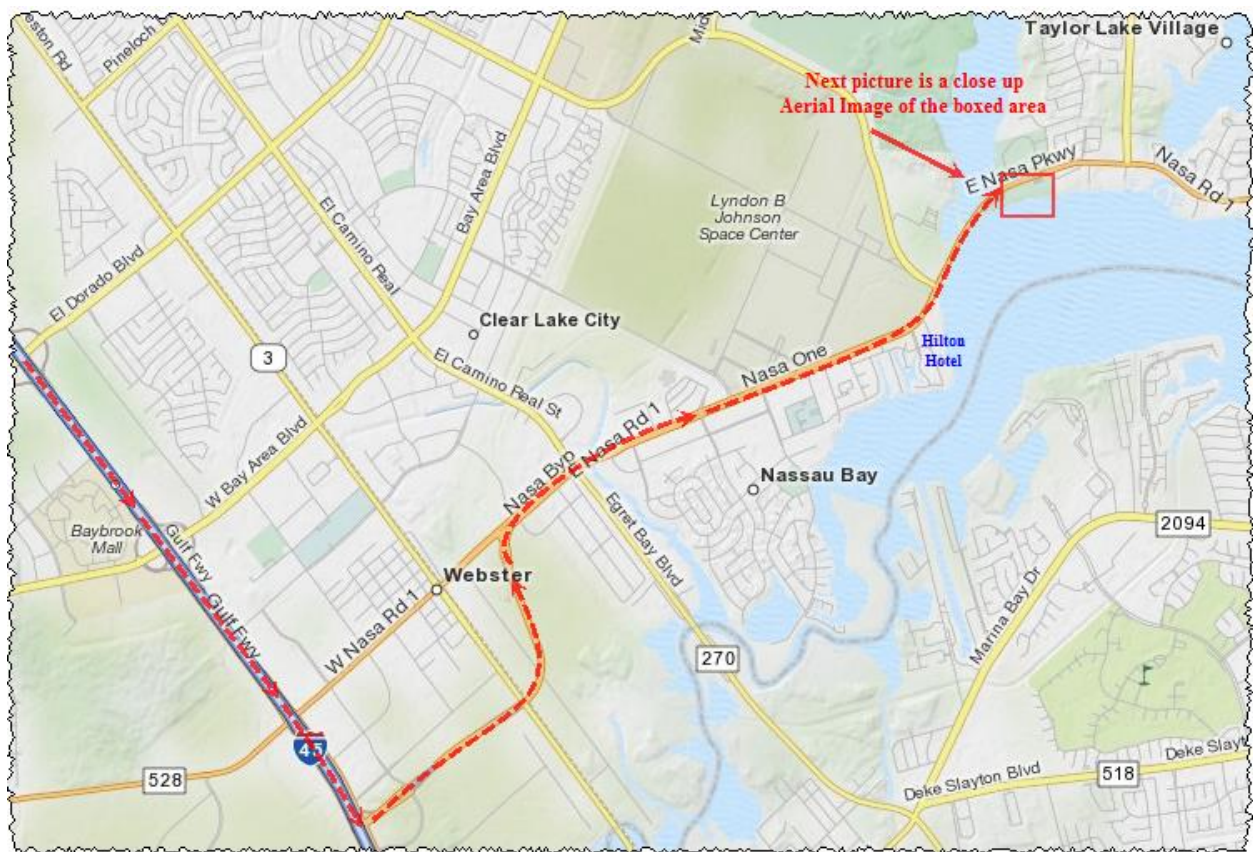
Houston Heat Water Practice in Clear Lake

Location: **Clear Lake Park** [5001 NASA Road 1 in Seabrook, Texas 77586]

Clear Lake Park (Boat Ramp side): on NASA Pkwy (also called NASA Rd 1), east of Space Center Houston & NASA Hilton Hotel. Go over the bridge just past the Hilton Hotel, you will see the body of water and an area for parking where the boat ramps are located. Maps are provided below.

Directions from Downtown:

- South on 45
- Take the second Exit after the Bay Area Blvd Exit. This will put you on the new NASA Bypass and allow you to bypass all the traffic lights on NASA Pkwy.
- Drive for about 4.5 miles. Look out for a Hilton Hotel on the right side of the street, followed by a body of water. Turn right into the parking lot.



Aerial Snap Shot of the Water Practice Site



Helpful Hints for Practice Sessions:

- Bring sunscreen and bug spray.
- Bring water or sport drinks (i.e. Gatorade).
- Leave all valuables (watches, wallets, etc) in your car or at home. Houston Heat committee members or volunteers are not responsible for lost or stolen valuables.
- Wear comfortable clothes, such as t-shirts and shorts. Water shoes/sandals are preferred. Wear clothes that are comfortable and you don't care if they get wet (athletic shoes or water shoes/sandals, shorts and t-shirts are recommended). You may wear workout gloves if you wish. Paddles and life vests will be provided.