



## Houston Heat Water Practice in Sugarland

Location: parking lot behind the Texas Children's Pediatric Associates buildings [15400 Southwest Fwy, Sugar Land, TX 77478].

Northwest corner of Sugar Lakes Drive and Highway 59 intersection, there are several medical buildings. Stay on the feeder road, enter right on the last driveway (before the Cancer Building) and drive through the back parking area. The access to the waterway is located in the back area, behind the buildings.

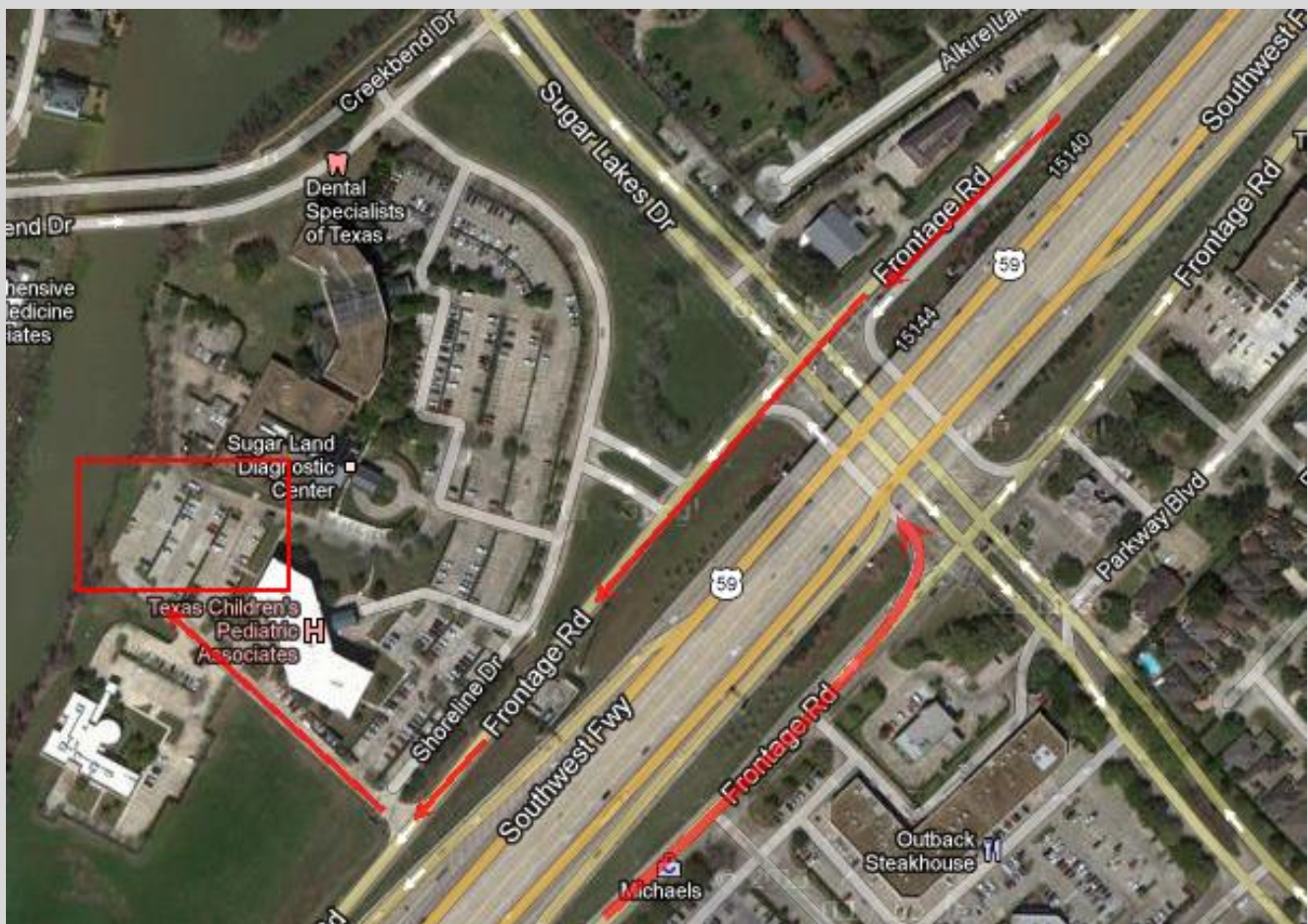
Google map: <http://goo.gl/maps/6ZgnL>

### *Directions from Downtown Houston:*

Take Highway 59 (Southwest Freeway) south towards Sugarland and take exit Sugar Lakes Dr / Williams Trace Blvd. At the light continue on the frontage road and take a right at the Sugarland Cancer Center. Please park closest to the water.

### *Directions from Rosenberg:*

Take Highway 59 (Southwest Freeway) north towards Sugarland and take exit Sugar Lakes Dr / Williams Trace Blvd. At the light take a left and another left on to the frontage road and take a right at the Sugarland Cancer Center. Please park closest to the water.





#### 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.

Houston Heat© encourages everyone to carpool as much as you can.