

## **Varsity Girls Swimming and Diving 2009:**

Summer Swim and Dive Camps (cost = \$55, includes T-shirt):

- Dive: July 20th-24th, 8:00-11:00 am at SCMS pool
- Swim: July 27th-31st, 7<sup>th</sup>-12<sup>th</sup> grade from 8:00-9:45; 4<sup>th</sup>-6<sup>th</sup> grade from 9:45-11:00 at SCMS pool
- Camps are for both boys and girls grades 4<sup>th</sup>-12<sup>th</sup>.
- Please see attached flyer for registration information or call (810)845-0380.

Fall Season Begins Wednesday, August 12<sup>th</sup>

- No cuts, everyone is invited to join the team
  - Bring: swimsuit, goggles, towel, workout clothes and running shoes
  - Time: August 12<sup>th</sup>-14<sup>th</sup>, 9:00-11:00 am at SCMS pool; August 17-21, 9:00-12:00 am, rest of season TBA
- \*\*ALL ATHLETES MUST HAVE A CURRENT PHYSICAL TO PRACTICE.**
- Swim/dive meet schedule online at [www.highschoolsports.net](http://www.highschoolsports.net); please plan vacations accordingly.