

Huntington Girls Varsity Swim Team 2018

Dear Swimmers / Divers,

Try-outs/practices will begin this summer on **Monday, August 20st 8:00 – 10:00am** at the **Bay Club in Huntington** outdoor pool (please note we are no longer practicing at the Huntington Yacht Club). Regular practices will begin indoors at the **HYMCA** after school **September 10th 3-4pm**. See Practice schedule (to be determined) for details. For Huntington HS girls, bus transportation will be available once school begins but you must arrange for your own transportation during the first three weeks of outdoor summer practice. Walt Whitman HS swimmers will check with Coach Shepard regarding busing to and from practices and meets. **All practices are mandatory** so please schedule your summer activities and vacations with our start date in mind. A practice schedule will be sent to you during the summer and it's important to remember that our success depends upon your participation.

**Head of the Bay Club
191 Bay Road
Huntington, NY 11743**

What You Will Need for Try-Outs:

Middle School Athletes

All Huntington Middle school athletes must contact the HHS Athletic Directors Office to make an appointment to be qualified to swim for this Varsity Swim Team. Call Ms. Georgia McCarthy 631 673-2018 **before July 1st** to schedule your appointment! Walt Whitman athletes will contact Coach Shepard for details.

High School Athletes

School Physical - It is extremely important that you get cleared from the nurse and bring your clearance form with you on the first day of practice! (**check your mail & district website for important dates re: physicals!**)

Permission Slips - You will be given a permission slip on the first day of practice. It must be signed (**both sides**) by you and a parent and returned the next day. Parents are encouraged to attend our first practice, sign permission slips, and ask any questions.

Bring - swimsuit, goggles, caps, towel, water / Gatorade. Also, bring appropriate clothing including sneakers since dry-land exercises and running will be an important part of our training.

Coach Meg and I look forward to seeing you at practice and to a successful swim season! Have a great summer!

Sincerely, Coaches:

C. Helmke
M. McConnell
R. Shepard

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