

Girls Varsity Swimming & Diving Team

2021

Dear Swimmers/Divers,

Try-outs/practices will begin this summer on **Monday, August 23rd 8:00 – 10:00am** at the **Bay Club in Huntington** (outdoor pool). Regular practices will begin indoors at the **Huntington YMCA** after school **September**, (day to be determined) **3-4pm**. See Practice schedule 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 two 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. You will receive a practice schedule during summer tryouts 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. Contact Mr. Jim Hoops by email: jhoops@hufsd.edu **before July 1st** to schedule your appointment!

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, Coach Shepard 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

e-mail:

school: chelmke@hufsd.edu

home: chelmke94@hotmail.com

**HUNTINGTON GIRLS VARSITY SWIMMING
MIDDLE SCHOOL QUALIFICATION
FOR 7TH & 8TH GRADE**

IF YOU ARE INTERESTED IN TRYING OUT FOR THE HIGH SCHOOL GIRLS VARSITY SWIM TEAM, PLEASE CONTACT **MR HELMKE** IN RM 110 OR BY EMAIL: CHELMKE@HUFSD.EDU

1. YOU WILL NEED TO BE CLEARED TO PARTICIPATE ON VARSITY THROUGH OUR ATHLETIC OFFICE.
2. PLEASE HAVE YOUR PARENT/GUARDIAN EMAIL THE ATHLETIC DIRECTOR STATING THE FOLLOWING:
3. “MY DAUGHTER IS INTERESTED IN TRYING OUT FOR THE HIGH SCHOOL SWIM TEAM” INCLUDE NAME & GRADE.

**EMAIL: MR JIM HOOPS AT JHOOPS@HUFSD.EDU
BY JULY 1ST 2021**

FOR FURTHER QUESTIONS, EMAIL COACH HELMKE AT
CHELMKE@HUFSD.EDU
CHELMKE94@HOTMAIL.COM