

Please complete this form now if you haven’t already!! You must complete to be on tryout roster—

<https://forms.office.com/r/xSzedk1dAn>

**COACHES:** Brittany Hughes, Melissa Massey, Morgan Prestera

**CAPTAINS:** Carter Loftin, Grace Moor, Sophia Parker, Gavin Suchan, Parker Tanke, Elizabeth Tilt

**TRYOUTS:**

**SWIM-** Monday, Oct 10th @ 4:00pm (Mountain View Aquatic Center)

 \*Girls: under 32 seconds 50 free Boys: under 30 seconds 50 free

Tuesday, Oct 11th @ 4:00pm (Mountain View Aquatic Center)—everyone must complete full practice (year round swimmers not required at this portion)

**DIVE-** Monday or Tuesday, Oct 10 and 11th time TBA (Central Aquatic Center)

\*Divers must safely attempt jumps and front dive (cuts made depending on #s)

\*\*Members of last year’s state team do not have to tryout.

**PHYSICALS:**

-Physicals are uploaded through ParentVue. Physicals must be dated after April 1, 2022!!!

-Please make sure your parents have access to ParentVue and start the Physical form now!

-Directions are in the documents section of the Swim&Dive website- [www.lhsswimdive.com](http://www.lhsswimdive.com)

-You must be cleared **BEFORE** the day of tryouts! DO IT NOW!!

**PRACTICE TIMES:**

 Swim: Mon- 4-5:15pm at Mountain View

 Tues- 4-5:15pm at Mountain View

 Wed- 8-9pm at Mountain View

 Thurs- 8-9pm at Mountain View

Dive: Monday/Tuesday/Thursday nights at Central Aquatic Center (alternating 7 and 8pm)

**REGISTRATION:**

Registration will be on Wednesday, October 12th in the Café, 630pm for suit fitting/7pm meeting (registration, suit fittings, order spirit wear, booster/parent meeting)

**HOMECOMING**

We are participating in the Homecoming Parade Friday on 10/7. Plan to join us on Sunday, 10/2 to help with making the float! More into to come! All are welcome.