



## PRE-CIF SWIM SPECIAL

For: All High School Swimmers/Water Polo Players

When: **Monday, November 15, 2021 – Thursday, February 3, 2022**

Location & Time: *All swimmers are welcome at both locations*

**Montgomery Middle School Monday and Wednesday 5:30-7:15 p.m.**

**Grossmont High School Tuesday and Thursday 5:30-7:30 p.m.**

**\*\*All swim practice times and days are subject to changes due to high school water polo schedule  
Dryland training on most days, bring tennis shoes**

Cost: Starting **Nov 15 \$320** Registering on or after **Dec 6 \$230**  
Registering on or after **Jan 3 \$130**

**Cost includes \$20.00** for a USA Swimming Flex Membership

**Your swimmer MUST have a USA Swimming membership  
to practice and compete with the team.**

If you are a first-time USA Swimming member, you **must provide an original birth certificate or unexpired passport- no photocopies.** Please bring your proof of age to Coach Colin at your first practice.

If you have previously had a USA Swim membership, please let us know-  
your membership will be renewed electronically.

Refund Policy: 1<sup>st</sup> week- full refund \*2<sup>nd</sup> week- less \$75 processing fee \*3<sup>rd</sup> week- no refund

Congratulations on your decision to join your High School Swim Team for the 2022 swim season. To give you the extra 'edge' that you need to be a successful competitor, Heartland is once again offering a chance for you to get yourself into shape, improve your swimming skills and obtain the best advantage for your season. Our coaches help swimmers to improve strokes, starts, turns and endurance. You will also get the opportunity to compete in club meets -- a vital key in becoming a successful high school swimmer.

**To Register:** Go to our website and click on the blue "Pre CIF Special Registration" button on our homepage.

All levels of swimming ability are welcome and encouraged.

For more information email our office at [hsa@heartlandswim.org](mailto:hsa@heartlandswim.org)  
or visit our website at: [www.heartlandswim.org](http://www.heartlandswim.org)