

Your registration and payment have been successfully processed! Thank you. A receipt of the charges has been emailed to you. If you are registering as a new Member, after your registration is processed by our team, you will receive separately emailed **Sign In** instructions granting you access to your private online Account.

Please make sure you go to the Summer League page on our website and read all of the information there- it should answer any questions you have.

If this is your first-time swimming with Heartland Summer League you must attend one Safety Swim. Minimum swim requirement: Swim a length of freestyle with side breathing and show some ability at a length of backstroke. We recommend you test as soon as possible to give maximum time to do further preparation if you do not pass the safety swim on the first attempt. Testing dates and more info can be found in the 2022 Summer League Safety Swims document on our website under the Summer League tab.

### **SAFETY SWIM ADDED-**

**Thursday, June 16      7:15-7:45 PM      El Cajon Valley High School**

Here's a reminder of where and when practices are- June 20-July 28  
Championship Meet July 29-30

**Grossmont 1 AM** at Grossmont High School MWF 7:45-9 am  
**Grossmont 2 PM** at Grossmont High School MWF 5-6:15 pm  
**Helix 1 Afternoon** at Helix High School MWF 3:30-4:45 pm  
**Helix 2 Evening** at Helix High School MWF 6:15-7:30 pm  
**Santana** at Santana High School TThF 6:45-8 pm  
**Steele Canyon** at Steele Canyon High School MWF 5:45-7 pm  
**Valhalla 1 AM** at Valhalla High School MWF 8-9:15 am  
**Valhalla 2 Afternoon** at Valhalla High School MWF 3:45-5 pm

### **Head Coach Contact Information**

Grossmont 1 AM	M/W/F 7:45-9 am	Coach Carli	carliwillis3@gmail.com
Grossmont 2 PM	M/W/F 5:00-6:15 pm	Coach Aurelia	aurelia.willett1@gmail.com
Helix 1 Afternoon	M/W/F 3:30-4:45 pm	Coach Amy	ahull@helixcharter.net
Helix 2 PM	M/W/F 6:15-7:30 pm	Coach Abby	abby@lanierfamily.net
Santana PM	T/Th/F 6:45-8 pm	Coach Kristina	foxfam@cox.net
Steele Canyon PM	M/W/F 5:45-7 pm	Coach Hillary	hillaryakerrigan@gmail.com
Valhalla 1 AM	M/W/F 8-9:15 am	Coach Jessica	jbois@guhds.net
Valhalla 2 Afternoon	M/W/F 3:45-5 pm	Coach Andrea	nannersh@gmail.com