

Waukesha West/CMH  
Girls Swimming 2016

Our first practice will be Tuesday, August 9th. Make sure you have your physical (or alternate year card), forms and fees in prior to our first practice. Details on these requirements can be found at [waukeshawestathletics.com](http://waukeshawestathletics.com). You can not participate until all forms and fees are turned into the office.

Practices and meets are mandatory. Swimmers/divers must be on time for all practices, unless arrangements are made in advance. If you have school work to attend to at the end of the day you should let the coaching staff know and get to practice as soon as possible. School is the priority; you should plan ahead so you can attend all practices and meets and still do your school work and do it well.

If a swimmer/diver has more than four *unexcused* absences they will not be able to continue as a member of the Girls Swim & Dive team.

***Practice Schedule, all times below are subject to change:***

August 9 - August 17:

Swimmers: Monday - Saturday 7:30 - 10:30 AM  
Divers: TBD

August 17 - August 31:

Swimmers: Weekdays 3:00 - 6:00 PM  
Saturdays 7:30 - 10:30 AM  
Divers: TBD

September 1 - End of season:

Swimmers: Monday - Thursday 3:20 - 6:00 PM  
Friday 5:30 - 7:00 AM (all swim)  
Saturday 7:30 - 10:00 AM  
Divers: Monday - Friday 3:00 - 4:30 PM

Swimmers/divers should come prepared to our first practice with a water bottle, dry land clothes (appropriate clothes for dry land workout - we will go outside so plan accordingly), running shoes, practice suit, goggles and cap and all of the below equipment. Injury prevention starts now! Swimmers should be running/swimming over the summer months, along with shoulder strengthening exercises.

**Junior Varsity Required Equipment for Swimmers:**

Fins (long fins)  
Pull buoy  
Mesh bag (optional)

**Varsity Required Equipment for Swimmers:**

Zoomers (short fins)  
Pull buoy  
Paddles  
Snorkel (recommended, but optional)  
Mesh bag (optional)

Swimmers/divers will be responsible for purchasing a team suit and cap, both of these are part of our team uniform. More details will be posted later in the summer.