

**MIDDLE SCHOOL GIRLS SWIM & DIVE**  
**7<sup>th</sup> & 8<sup>th</sup> Grade Girls**

**Practices:** Monday-Friday 3:05-4:30pm

1<sup>st</sup> Day of Practice: Monday, October 16<sup>th</sup>

Lakeshore athletes: Ride Bus #2 or 19 from the South Loop to GHHS pool

\*\*\*Make sure you hand in to the office BEFORE the first day of practice:

- your signed athletic code of conduct
- a current physical
- \$125 (\$30 insurance fee + \$95 service fee) – Make checks payable to "GHAPS" and turn into the main office in your building. (Scholarships available – see main office)

**Parent/Athlete Meeting:** THURSDAY, October 12<sup>th</sup> 6:00pm (**LAKESHORE M.S. CAFETERIA**)

**Suit Orders:** Order your own suit & goggles online:

<http://www.swimoutlet.com/GHMSgirls>

Be sure to order Navy color. Your suit size can be determined by using the directions at the site.

**Team Photos:** Will be at the start of practice on Thursday, October 26.

**Team Apparel:** Links for what's available & how to order can be found at our team website. Orders must be in by the end of our first week of practice.

**Questions?**

Contact the Head Coach: Aaron Portenga

email: [aaronportenga@gmail.com](mailto:aaronportenga@gmail.com)

School Phone: 850-6172

Home: 846-4144

Team Website: [www.ghaps.org/girlsmswim](http://www.ghaps.org/girlsmswim)