

# OGDEN HIGH SCHOOL SWIM TEAM

**STARTS: Monday, October 2nd. PARENT MEETING: Oct. 4th @ 6:30PM**

**PRACTICES: 3:00PM-5:30PM (Junior High & charter schools start at 3:30PM).**

**YOU NEED: Suit, goggles, cap (for longer hair), dryland workout clothes.**

**Bring beanie caps & long sleeved shirts and sweats for cooler weather**

**dryland workouts. FALL SPORT ATHLETES: Come to parent meeting for order forms and important information.**



It's time to join the team! You don't have to be a great swimmer to be on the team. You need to have a great ATTITUDE, a DESIRE to improve, and a COMMITMENT to the team.

**GO TIGERS!**