



# 2021 Middle School Swimming

Monday, February 15 - Thursday, April 1

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The North High School Middle School Team is a developmental feeder program for the North High School Swimming Team.

We will work with anyone that is willing to try, no need to know how to swim we will teach you. Both boys and girls are welcome this year.

Swimmers must sign up through their middle schools in order to participate on the team. All participants must have all paperwork completed to participate.

Practices will be limited to 24 swimmers per practice.

We have implemented a series of COVID Mitigation strategies. This information can be found on our website which is linked at the bottom of the page.

## Practices Schedule:

- Monday 4:15-5:15
- Tuesday 6:15-7:15 (may switch)
- Thursday 4:15-5:15

There will not be an activity bus after school this year. I have scheduled one late practice in case swimmers cannot make it to the earlier practices. If no one needs it, we may switch it to the early practice time.

## Required Items:

- Suit/clothes to swim in.
- Towel
- Water Bottle

## Optional Items:

- Cap
- Googles

Due to COVID restrictions we will not be able to share items.

## Meet Schedule:

There are no meets involved with this current season.

If you have more questions please reach out to Coach Scott or check out our website.

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(319)321-9816

<https://www.northswimming.org/home/middle-school-swimming/2021-middle-school-season>

