

# Welcome to the High Point Pool Summer Diving Team

Thank you for choosing to participate in dive team.  
We are looking forward to a great season!

## Practice Schedule:

May 31<sup>st</sup> – June 11<sup>th</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
4:30 – 6:30 PM	4:30 – 6:30 PM	No practice	4:30 – 6:30 PM	4:00 warm up*

\*the first diving meet is Friday, June 11<sup>th</sup>, at Seminole Pool

June 14<sup>th</sup> – July 23<sup>rd</sup>

Monday	Tuesday	Wednesday	Thursday	Friday
5:30 – 7:30 PM	5:30 – 7:30 PM	No practice	5:30 – 7:30 PM	4:00 warm up

There will be diving meets every Friday at various pools across the city. Please refer to the online calendar for specific locations ([highpointswimclub.com/EventsatHPSC.aspx](http://highpointswimclub.com/EventsatHPSC.aspx)). The All City Dive Meet will take place on July 26<sup>th</sup> and 27<sup>th</sup> at Parkcrest Swim Club.

## Coach Information:

Lauren Morrison  
lmorrison05@gmail.com  
715-577-7958

Feel free to contact me if you have any questions!

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Please fill out the following information and return it to Lauren at practice (keep the top part for your records).

Name of diver: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

If your child is older and has his or her own cell phone and email address through which he or she can be reliably contacted, please include that as well. I will use the information to send out reminders about meets and events.