



HARTFORD – SLINGER SWIMMING & DIVING FAST FACTS



GIRLS SWIMMING

<http://www.huhs.org/activities/girls-swimming.cfm>

Head Coach: **PETE MEINBERG** pete.meinberg@huhs.org

JV Coach: **MARCIE NORTON** marcie.norton@huhs.org

Assistant Coaches: **TROY HAGEN & SHARON MEINBERG**

BOYS SWIMMING

<http://www.huhs.org/activities/boys-swimming.cfm>

Head Coach: **MARCIE NORTON** marcie.norton@huhs.org

Assistant Coach: **TROY HAGEN** troy.hagen@huhs.org

SEASON DATES

Girls

Tuesday, Aug 8, 3:00-6:00

Tuesdays Aug 29-Oct 17

4

Saturday, October 28

Saturday, November 4

Saturday, November 11

Tuesday, November 14

1st Day of Practice

Northshore Conference Dual Meets

Saturday Invites

North Shore Conference Meet

Sectional Meet

WIAA State Meet

Awards Banquet

BOYS

Monday, Nov 13, 3:00-6:10

Thursdays Nov 30-Jan 25

5

Saturday, February 3

Saturday, February 10

Saturday, February 17

Tuesday, February 27

GOOD TO KNOW

- **EVERYONE IS WELCOME** Those with competitive swimming experience will add to our sectional & state teams. For those with no competitive swimming experience, we will teach you. All we require is a good attitude & hard work.
- **Varsity & JV** practice together – we are one team. Based on times & athlete performance, JV swimmers have the opportunity of transitioning to the Varsity team – in one or more events – as the season progresses.
- **Great team camaraderie** – we are a united team. We cheer each other on, challenge each other to get faster, & build friendships through fun in the pool & out. Look for pasta potlucks, the Pike Lake Challenge, & Alumni Meet
- **Team apparel** includes warm ups & swim parkas for athlete use during the season. You provide the practice suit, goggles, cap (optional), & dryland workout clothes. You will purchase a team suit, & may buy additional apparel.

OFF-SEASON PREP

- **Join an area U.S. Swimming Team**
 - **Lake Country Phoenix** (Hartford pool) Coach Whitney - 262-367-7657 www.lakecountryswimming.com
 - **West Bend Swim Club** Coach Dave - midsts@charter.net www.westbendswimming.com
- **WISCA Swim Clinic** Saturday, August 12 @ West Bend High School
- Take advantage of the Strength & Speed or Strength & Agility courses and/or open weight rooms
- Swim laps. If you have no pool/lake access, then run to build up cardiovascular endurance. Use the 7 min app.
- Keep your grades up. Complete all assignments. Turn them in. Seek additional help when needed.