

# Newsletter 7-8-11

## Swim Schedule: July 11-July 16

Monday: morning and afternoon swim practices. Dive meet at BGCC  
11:00 warm up / 12:00 Meet

Tuesday: morning and afternoon swim and dive practices.

Wednesday: morning and afternoon swim and dive practices.

Thursday: morning and afternoon swim and dive practices. We will make t-shirts after afternoon swim practice. Bring a white t-shirt and markers.

Friday: Morning Swim Practice, South Central Diving.

Saturday: South Central Swimming

Sunday: South Central Swimming. We will have our end of the year banquet Sunday evening after the meet at the IHCC pool.

I have not been given the meet times for South Central. They will be on the website ASAP.

The South Central lineup is on our website. Everyone should be in the freestyle event. If you are not listed or can not make the meet please let Ron know ASAP.

Pictures were not ready last week but should be in this week. They will be handed out at practice on Thursday.

### South Central Diving Schedule @BGCC:

Warm Up-10am-12noon

12:15- 6 & Under Girls & Boys

Rolling schedule w/ awards after events.

8's, 10's, 12's then a short warm up break.

14's, 16's, Open

Several swim parents have e-mailed me to get

information. My e-mail address is [ron@ihccswim.com](mailto:ron@ihccswim.com) . Please put IHCC in the subject area of any e-mails so I don't delete them as junk mail. My number is 535-6364.