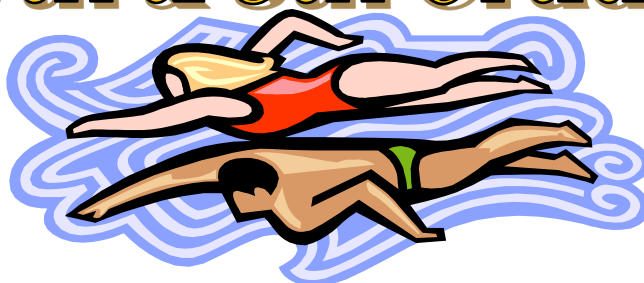


7th & 8th Grade



Middle School Swim/Dive Team

This program is **FREE** to all LISD students in 7th and 8th grade who show an interest in competitive swimming. Must have all UIL forms on file.

Students with long hair need to have their hair tied back or wear a swim cap.

This is a great way to decide if high school swimming is for you.

Swim Practices: Mar 20th – April 20th / Monday – Friday

7:00 – 8:00am @ LISD Aquatic Center

Monday March 20th is the tryout - No Practice Friday April 7th

(TRANSPORTATION IS NOT PROVIDED TO AND FROM PRACTICE)

<u>Meets:</u>	<u>Date:</u>	<u>Place:</u>	<u>Warm-Up:</u>	<u>Start:</u>
Pract Meet #1	Thurs Apr 6	LISD Aquatic Ctr	during practice time	
Pract Meet #2	Thurs Apr 13	LISD Aquatic Ctr	during practice time	
Champs Meet	Thurs Apr 20	Westside Aquatic Ctr	5:00pm	5:45pm



For Swimming Information - Contact Coach Peele: peelej@lisd.net

LISD Aquatic Center: 5729 Memorial Dr. The Colony, 75056

For Diving Information - Contact Coach McGuire: m McGuire@lisd.net

Westside Aquatic Center: 1750 Duncan Lane, Lewisville 75067