

2021-2022

Hempstead Mustang Men's Swimming Team



Be a part of Excellence

- We are excited to be competing in one of the fastest pools in the state of Iowa.
- The program follows the simple equation of Commitment + Hard Work = Success and strives to teach values that will help our student athletes in & out of the pool.
- We take all levels of swimmers, and everyone will participate in our season.
- Head Coach Rick Loeffelholz has been coaching at Hempstead for the past 20 years and in that time the program has continued its tradition of success. Being honored with numerous individual state champions and coaching staff of the year awards.
- Assistant Coach Martin Eyres has been in the program for 9 years and provides a nurturing environment for beginning swimmers to succeed.
- Each year more and more swimmers are joining the team from our different co-op schools: Western Dubuque, West Delaware, Cascade, and Wahlert, providing a great team atmosphere!
- The swim team has won academic awards from the state of Iowa for the past 4 years.
- Last year the team had 14 swimmers on the MVC All-Academic Team.
- The team has qualified swimmers to the state meet each year for the past 35 years.

*Please note:

- We encourage incoming Freshmen to take performance PE, giving them more time for school work after practice.
- Carpooling is available, once we have a list of interested swimmers, we will develop a carpool for the swimmers to and from practice.

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When: November 8th is the 1st day of practice. Right after school.

Where: Dubuque Hempstead High School NEW AQUATIC CENTER

What to bring: Towel, goggles, swim suit, and a positive attitude



Contact information

Head Coach: Rick Loeffelholz

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