

Dear Mustang Swimmers and Divers!

I hope you are ready for a great summer and planning on getting yourself into the best shape possible. Below is some information to help plan your summer activities.

1. Swim and Dive!!! Fitness is the key to success. Get your friends to join you, all swimming and diving levels are welcome.
2. DASH has competitive swim programs for all levels as well as a Stay Fit program. See more information at www.teamdash.org
3. The YMCA has summer camp programs as well.
4. Flora pool is open for adult swim 7-9am and 12-1pm Monday-Friday and 11-1 Saturday and Sunday. Buy day passes or a season pass.
5. Even if you are not swimming, stay active! Jogging, walking, lifting, biking, yoga, etc. At least 30 minutes a day is the recommendation.
6. Hempstead Pre-Season swim camp is in the mornings of August 2nd - August 6th at the DCSD Pool in Hempstead. This is a highly recommended camp to get an early start on the season to refresh stroke technique and get back into the water. Website not posted yet, will email out when it is.
7. The first day of mandatory practice will begin August 9th. **A physical and concussion test will need to be completed and turned into the activities office by this date in order to practice.** This will begin swimming/diving, lifting, and running so it is best to be in shape.
8. **Divers-** contact Coach Bob Wren at 563-590-2360 to start diving. Contact Coach Bob for information on summer diving camp

Thanks for supporting the Mustang Swim and Dive Program. If you have any questions you can reach me by email at rroos@dbqschools.org.

Yours Swimmingly,

Coach Roos and swimming staff