

NEW TRIER GIRLS

Swimming & Diving

SEASON STARTS

Monday, August 11

Summer Strength

Tuesdays and Thursdays

Winnetka E Building

10 - 11am

June 9 - July 23

REGISTRATION



TEAM WEBSITE



Contact:

Head Coach Mac Guy

guyr@nth.s.net



NEW TRIER GIRLS SWIM & DIVE

FRESHMAN FACTS

The freshman swimming and diving season lasts approximately 11 weeks. The freshman season starts Monday, August 11th, and lasts through the beginning of November.

What do I need when I show up to practice on Monday, August 11th?

--Athletic Registration: A link can be found on the Girls Swim and Dive website and the Athletic website. Athletes who are not registered with an up-to-date physical will not be allowed to participate.

--SWIMSUIT, GOGGLES, and a TOWEL

PRACTICES: All freshmen start on the freshman team and practice every day after school at the Northfield pool. Swimmers who meet the criteria for the Varsity group will be invited to move groups during the first three days of practice. We do not cut swimmers based on skill; however, we do require rudimentary skills to maintain a safe practice environment. Swimmers or divers who do not attend practices regularly may be removed from the team.

We will practice on non-religious holidays, and holiday practices will usually take place at the Winnetka Campus. Shuttles between both campuses before and after school get commuting students to and from practice on time. All practice schedules will be posted on the Girls Swim and Dive website.

DIVING: practice takes place Monday through Saturday in the afternoon at the Winnetka pool. All freshmen divers will dive with the diving coach at the Winnetka Campus. Due to limited space, we may limit the number of divers on the team. Contact Coach Kimball with questions at kimballb@nthsh.net.

MEETS: Most meets are on Fridays or Saturdays, with home meets taking place at the Winnetka Campus. Swimmers and Divers will travel to and from meets as a team, typically on a bus. The tentative meet schedule is on the Girls Swim and Dive Website.

ACTIVITIES: Our team organizes several activities outside of practices and meets. Freshmen are included in all team pasta parties, holiday parties and the team banquet. They are encouraged to participate in the team activities posted on the team "Team Calendar."

It is highly recommended that incoming freshmen participate in a summer swimming or diving program. There are many high-quality club programs in the area. Please contact a coach if you would like more information specific to your needs.

For more information, including practice and competition calendars for the upcoming season, please visit the New Trier Girls Swimming and Diving website or contact Coach Guy with questions at guyr@nthsh.net.



***New to the team? Sign up for the
summer mailing list here.***