

**Team 20 Meet Schedule
SWIMMING
2019**



Practice will be at Centennial Pool
First practice 8/14/19

DATE	DAY	OPPONENT	SITE	Time
9/5	Thur.	KUSD vs KAOL	Centennial	5:30
9/6	Thur.	KAOL vs KUSD	Centennial	5:30
9/26	Thur.	KUSD vs KAOL	Centennial	5:30
10/3	Thur.	KUSD vs KAOL	Centennial	5:30
10/17	Thur.	KAOL vs KUSD	Lake Havasu City Aquatic Center	5:30

Important Dates and Information

* Parent meeting **August 7th at 6:00 pm** at White Cliffs Middle School Library

* The first two days of practice will be held beginning **August 14 and 15** from **5:00 to 6:30 pm.**

* Regular practice schedule times begins on **August 19** practice will be **Monday- Thursday 6:00-7:30 pm**

There will not be any practice on the following dates:

9/2 Labor day
10/7- 10/10 Intersession (second week)

* Last day of practice October 17 (will be a meet day)

Head Coach: Jerusha Presnal (928) 200-9082

Assistant Coach: Tabatha Gravell (928) 530-9062

Meet Events

- 200 Medley Relay
- 200 Freestyle
- 200 Individual Medley
- 50 Freestyle
- 100 Butterfly
- 100 yard Freestyle
- 500 Freestyle
- 200 Freestyle Relay
- 100 Backstroke
- 100 Breaststroke
- 400 Freestyle Relay

Kingman High School swimmers vow'

We except that **NO EXCUSES** is to live up to the
best of our ability in all that we do!

Our team moto: NO EXCUSES

Coaching Philosophy

As a coaching team, I believe that is our responsibility to create a coaching environment where all swimmers can succeed to the best of their given abilities and talents. I understand that swimming is a team sport and that the entire team needs to be supportive of every member.

Swimming offers life skills and opportunities for personal growth, as such, more than swimming will be taught. Personal life skill attributes such as working together in a group, sportsmanship, courage, and determination to name a few will be emphasized and modeled.