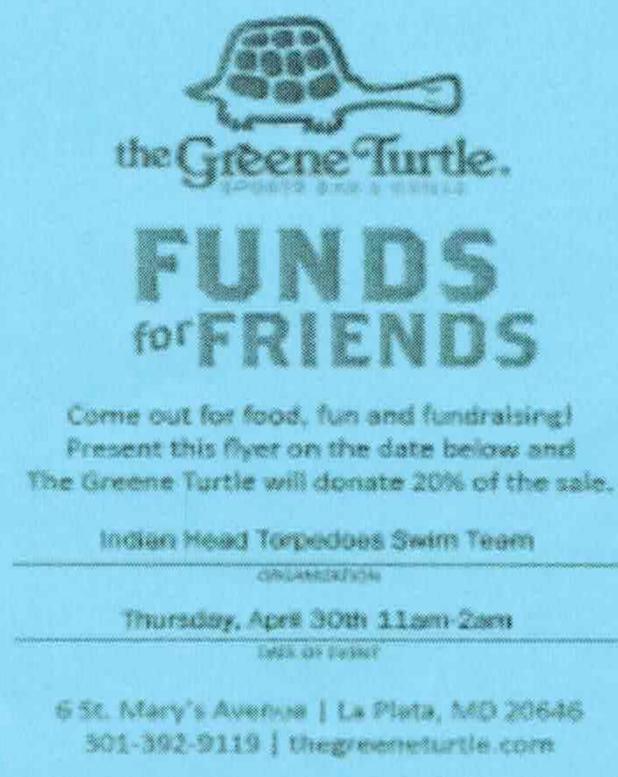


INDIAN HEAD SWIM TEAM

BOYS & GIRLS AGES 5-18

REGISTRATION April 30th at the **La Plata Greene Turtle** between **6:00pm -8:00pm**.
If you can, join us for dinner (**bring this flyer**) and help raise money for the team.



PRACTICE SCHEDULE

At the Potomac Heights Pool

Evening Practices: Starting Tuesday May 26th – End of 2015 school year

Monday – Friday (6:00pm – 8:00pm)

Morning Practices: Starting First Monday of Summer break – Friday July 31st

Monday – Friday (7:00-8:00/8:00-9:00/9:00am-10:00am)

Meet Schedule (Saturday Mornings at 8:00am/8:30am)

Time Trials: Saturday June 13th

Dual Meets: June 20th – July 18th

Divisional Championship: July 25th

All Stars: August 1st

*Special Sunday Meet: Sunday July 19th (Charles County Championship)

Awards Banquet Saturday August 1st 6:00pm (Location TBD)

The Indian Head Swim Team (IHST) provides an all-encompassing program that includes water time for stroke instruction and endurance building, the importance of nutrition for athletes, ½ hour dry-land strength training once per week to aide in building the athlete core, and yoga training once per week to aid in balance and streamlining while in the water.