

LOHS GIRLS SWIMMING AND DIVING 2010

Head Coach: Darin Abbasse

Assistant Coaches: Rachel Doherty and Amy Kuiper

Diving Coach: Paul Brent

Important Dates: **Season Opens: August 9, 2010**

August 9-13	One practice 8:00-11:00 a.m.
August 16-21	Two a day Practices. Times will be (8:00-10:30 a.m. and 3:30-5:30 p.m.)
Aug. 23 – Sept 3	Two a day Practices. Times will be (8:00-10:30 a.m. and 3:30-5:30
September 4-6	No Practice (Labor Day Weekend)
September 7	First day of the school year and morning practice begins. Practice before school is 5:30-6:55 am. (Monday, Tuesday and Thursday) Afternoon practice is from 3:00-5:30 daily (Monday thru Friday) Saturday practice times are 7:30-10:00 a.m.

The season runs from August to November and those swimmers and divers who qualify for the MHSAA State Swimming and Diving Championships will continue on to the November 19-20, 2010. **If you would like more information please contact Darin Abbasse at 248-693-5420 (ext. 6063) or email dabbasse@lakeorion.k12.mi.us**

Please note you must have a physical on file prior to August 9, 2010 in order to participate in all practices.