



2023 HIGHLAND SWIM TEAM



- **All communication via Team Reach App:**
Highland Swim Team
Code- 500Swim
- **Summer Swim JUNE & JULY Summer League:**
****STRONGLY RECOMMENDED****
Monday - Friday mornings @ Ross Park
- **Summer Weight training:**
****Highly Suggested****
Twice weekly early mornings for HHS swimmers
Workouts designed for swimmers
Injury Prevention/ Participation Points
- **Summer Fundraiser:**
Car Wash, location TBD
Saturday July 15th
7:30- 3:30
- **2023 HHS Swim tryouts:**
Ross Park pool
August 7th - 9th
Official first day of practice- August 10th

CONTACT COACH DAN DALLON
with any questions

HighlandSwimCoach@gmail.com

(208) 244-4023

Direct Message on Team Reach

PREPARE FOR THE 2023 HIGH SCHOOL SEASON THIS SUMMER!



**SUMMER SWIM
TEAM PRACTICES—
OUTSIDE AT ROSS
PARK!**

Start your summer days with morning practices with your friends outside at Ross Park. Practices are Monday through Fridays with no minimum or maximum number of practices required. Three to five practices a week is recommended.

**LEARN THE TECHNIQUES TO SWIM
FASTER WITH LESS EFFORT**

High School Swim Team season is this fall but you can get ready for success this summer! The fastest way to improve your swimming performance is to learn proper technique. The Portneuf Valley Swim Team is offering an 'Off Season' program to help swimmers learn proper:

- Butterfly, Backstroke, Breaststroke, Freestyle
- All turns and starts for each stroke
- How to pace all high school races
- Build endurance and speed

Contact Head Coach John Twiss at john.d.twiss@gmail.com for more information.

****Scholarships available****

Practices held at Community Rec. Center in cold months and Ross Park in summer months.

<https://www.teamunify.com/team/srtac/page/home>

