



2022-2023 TUMWATER GIRLS SWIM AND DIVE

Our swim & dive team placed 3rd at the district championship during the 2021-2022 season. 10 of our girls made it to the state championship, 2 divers and 8 swimmers. Our team has strong unity and participates in many fun team building activities. This past year some of our team building activities included laser tag, post meet Dutch Bros trips, bonfires, and post meet dinners.



**First practice August
22 @ River Ridge
High School**

**Equipment Required:
One piece swimsuit,
Swim Cap, Goggles**

**Practice Mon - Sat
Aug 22nd – Sept 7th
9am – 11am
Starting Sept 8th
M-F 4:30pm – 6:30pm
Sat. 9am – 11am
Bus is provided from
THS for weekday
practice**

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DIVE COACH
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