

2024 MAGIC GIRLS SWIM AND DIVE TEAM

Head Coach: Stacy Biegler
Assistant Coach: Myranda Urick
Diving Coach: John Sampson
Middle School Coach: Jamie Sieben

Season Start Date: Monday, August 12th, 2024 – for all 7th - 12th graders. 6th graders may join (after 1st week, if our numbers allow enough pool space) and will be practicing only with MS girls and are NOT allowed to participate in meets per MSHSL rules.

How to register: Infinite Campus Parent Portal through the school store. 7-12 graders will pay the HS fee but 6th graders will have a reduced fee.

Required Forms: Activity fee and forms (Infinite Campus Parent Portal) and a sports physical (needed every 3 years) need to be completed by the first day of practice to be able to participate, this includes 6th graders.

Pre-season Sports Meeting: Usually held at the end of July or early August at the High School. Date will be posted on Monticello School Website, social media and our team's Facebook page (Monticello Girls Swim and Dive Team)

What you need: Practice suit, cap, goggles, tennis shoes and workout clothes for dryland training. You can order these items at elsmoreswim.com or SwimOutlet.com. Team suit and team cap will be required for all meets and will be available at the beginning of the season.

Meet Schedule: Posted on Mississippi 8 website - mississippi8.org - tentative at this time.

Summer Swim Training Opportunity: Monticello Muskies Swim Club – check out their website for more information or email Coach Bob Stein at bob.stein@monticelloswimclub.net. Summer season June 10th- August 1. Varsity level 7am-9am M-F and JV level 9am-11am M-TH.

Summer Dive Training Opportunity: With Coach Sampson. Runs June 24 - July 31 @ 7am-9am \$200.00 - No practice week of July 4th. For more information check the Community Ed website.

Summer Speed/Agility Training: All takes place at the High School - \$149.00 for 26 sessions!

MS only (5th-8th) S24-2069 @10:30am-12pm **General HS** (9th-12th) S24-2068 @10am-11:30am,
Advance Varsity Sport Athlete (9th-12th) S24-2064 @ 8am-9:30am **OR** S24-2065 @ 8:30am-10am
Female only (8th-12th) S24-2070 @11am-12:30pm

Contact Information: Coach Biegler's Email: stacy.biegler@monticello.k12.mn.us	Phone: 612-747-8986
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