

BELLMONT MIDDLE SCHOOL ***SWIMMING & DIVING***

(6TH, 7TH, AND 8TH GRADE)

First Official Practice

MONDAY, JANUARY 12, 2026

BHS Natatorium---5:30 P.M.-7:00 P.M.

You will need:

Swimsuit (One piece for Girls), Goggles, Swim Cap (Optional)

****MUSTS****

*****ALL** physicals, waivers, medical forms and fees
must be submitted to the BMS Office before you may participate.
BMS Office hours are Monday thru Friday 7:30 A.M. to 3:30 P.M.
DO NOT bring your eligibility forms to the coaches at practice.

No medical insurance to complete a physical? Please contact the BMS Office or Mrs. Oliver olivert@nadams.k12.in.us

Any questions please call

Bellmont Middle School Athletic Department 724-3137

Coach: Laura Werling 765-667-2271 or laura.werling1@gmail.com

Coach: Kristen Krey 260-223-5837 or kristenkrey31@gmail.com