

MANTECA HIGH SWIM TEAM

Interested in joining swim? Come join and be a part of the MHS Swim Team

Follow the team's Instagram: @mhsbuffsswim



CONDITIONING

Come join us on the MHS pool deck to get a head start on conditioning for the upcoming swim season. Time will be spent in the pool to help all athletes of any level get into swimming shape!

PRACTICE SCHEDULE

Practice will begin Tuesday; February 10th. Practices will be held Monday - Friday from 3:50-5:30.

No practice will be held during spring break and/or holidays.

WHAT TO BRING

1. Swimsuit (no two pieces)
2. Goggles
3. Swim Cap
6. Towel
7. Sunscreen
8. Lots of Water!

IMPORTANT TO KNOW

Physicals need to be completed in order to attend practice or conditioning. Please be sure to get that done ASAP (no later than March 1st) and upload it to Home Campus to be cleared for the upcoming year of athletics.

ANY QUESTIONS?

COACHES

Michelle Berber and Cynthia Valdez

CONTACT US:

Through the BAND app



Join the BAND app