

Hononegah Girls Swimming and Diving Team Captains Practices

Dates:

• 7/30, 8/1, 8/6, 8/8

Time: 4pm-5pm

Location:

• FieldHouse Parking Lot



What we will do and what you need:

- Our team's captains will run dryland as well as other meet and greet activities
- Workout clothing, running shoes, water bottle

What to Expect:

- A great group of girls that will welcome you with open arms into our Hononegah Community

Contact Information:

Coach Brian McGuire: 815-509-7837

Captain Elena Kitzman(Jr.): 815-262-4528

Captain Brooke Dagefoerde(Jr.): 815-979-9660

Captain Finley Hamilton(Jr.): 815-540-4270

Captain Allie McLarty(Sr.): 815-978-8414