

Students in grades 9 through 12 interested in joining the Bishop Dunne Swim Team, please fill out the form attached to the link below and return to Coach Zeske in room 402. All level swimmers are encouraged to join. Focus will be on conditioning, aerobic improvement and technique. We will have conditioning on dry lands, gathering in room 402 and picking up at St. Mary's until the pool at Christ for the Nations is secured. Conditioning and pool practice will be held from 4 – 5 pm Mondays and Fridays. There is a possibility of stroke instruction that would be optional and would include a small fee to cover pool usage. Please contact Coach Zeske in room 402 or email at [rzeke@bdhs.org](mailto:rzeke@bdhs.org) if you need additional information.

### **Bishop Dunne Swim Team**

**Student Name** \_\_\_\_\_

**Grade** \_\_\_\_\_ **Male/Female** \_\_\_\_\_

**Address** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Student Email** \_\_\_\_\_

<b>Swimming Events</b>	<b>Time</b>
_____	_____
_____	_____
_____	_____
_____	_____

**Parents names** \_\_\_\_\_

**Parent's cell in case of emergency** \_\_\_\_\_

**Parent Email address(es)** \_\_\_\_\_

**Where important team info can be sent**