

Forest Hills Swim/Dive Team

2011 Practice & Meet Schedule

The coaches of the Forest Hills Sharks are ready for an awesome season!

Head Coach: Phil Von Hertsenberg
Assistant Swim Coaches: Marie Von Hertsenberg & Ian Ford
Dive Coach: Ali Vanderhorst
Assistant Dive Coach: Nick Whitaker

PRACTICE SCHEDULE

AFTER SCHOOL SWIM TEAM PRACTICES

8 & Under – 12 yr olds

Tuesday, May 31st – Thursday June 2nd

4:00-4:45pm Early Practice*

4:45-5:30pm Late Practice*

*attend the practice that works best for your schedule

Friday June 3rd

8:45 - 9:45am 11-12 yr olds

9:30 - 10:30am 9-10 yr olds

10:20 -11:00am 8 and under

13-18 yr olds

Tuesday, May 31st – Friday June 3rd

3:00-4:00pm

BEGINNING Monday, JUNE 6th SUMMER SWIM PRACTICES

7:30 - 8:45am 13 and over

8:45 - 9:45am 11-12 yr olds

9:30 - 10:30am 9-10 yr olds

10:20 -11:00am 8 and under

**For those swimmers still in school past June 6th, there will be a lane available from
4:30-5:30 pm

AFTER SCHOOL DIVING PRACTICES

Tuesday, May 31st – June 3rd
5:30-6:30pm 11 & up
6:30-7:30pm 10 & under

BEGINNING Monday, JUNE 7th SUMMER DIVE PRACTICES

11:00 am – 12 noon (11 years old & up)
12 noon – 1 pm (10 years old & under)

2011 MEET SCHEDULE

JUNE 9TH – TURPIN HILLS AT FOREST HILLS

JUNE 16TH – FOREST HILLS AT INDIAN HILL

JUNE 18TH – KING OF THE HILL SWIM MEET (HELD AT M.E. LYONS Y.M.C.A)

JUNE 23RD – FOREST HILLS AT MIAMI HILLS

JUNE 30TH – NORMANDY AT FOREST HILLS

JULY 7TH – FOREST HILLS AT TERRACE PARK

JULY 11TH – DIVE CHAMPIONSHIPS AT TURPIN HILLS

JULY 12TH – SWIMMING CHAMPIONSHIPS (PRELIMS) AT MIAMI HILLS

JULY 13TH – SWIMMING CHAMPIONSHIPS (FINALS) AT MIAMI HILLS

JULY 15TH – SWIM & DIVE TEAM BANQUET