



HIGH SCHOOL CONDITIONING

This group offered by Team Sopris is designed for high school age swimmers who want to get prepared for high school swimming and/or improve their overall conditioning. This program is for those athletes who cannot meet the attendance, commitment, and/or training requirement of the Team Sopris Jr/Sr group. USA Swimming membership is required if swimmer plans to compete in organized USA swim meets.

Beginning June 9th, practices will be offered Monday, Wednesday, and Friday mornings from 9:30am-10:30am and Saturday mornings as scheduled

Paperwork will be handled by Team Sopris. Coach Steve will be on deck for coaching.

- Registration: \$10
- Monthly Dues: \$46.

Registration and Scholarship information can be found at: www.teamsopris.org

Scholarships are available – See the Web site or coach Steve

Look under the Registration Tab or contact Coach Steve for more details.

Dryland workouts are offered at **GSHS** as follows:

May 31, June 1, 4-5pm, June 5,7,8 12:30-1:30 pm June 12 – July 27 6:30-7:30 and 8-9am

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