



2017-2018  
Greenfield-Central Junior High  
Swimming & Diving Team  
Grades 6th - 8th

Coaches - Debra Nagel - [coachdeb@swimgcat.org](mailto:coachdeb@swimgcat.org)  
Rhyan Disser, Mark Logan and Matt Mueller



**PARENT MEETING - Monday, January 8th at 7:00 pm**

Practice begins Monday, January 8th

Diving 6:15 pm - 7:15 pm

Swimming 7:00 pm - 8:30 pm

**MUST BE ABLE TO SWIM 25 Yards FREESTYLE and  
BACKSTROKE**

All you need for practice -  
Suit, Goggles and Cap (for long hair)

**YOU MUST HAVE PHYSICAL AND RANK ONE ON FILE  
BEFORE FIRST PRACTICE  
YOU WILL NOT BE ALLOWED TO PRACTICE WITHOUT IT.**

Cost - \$50 Transportation Fee (one time cost per year)

Per Sport Fee - \$60 (This includes a team shirt)

Team Suit Pricing is Approximate

Girls - \$60 Boys - Jammers - \$40 or Brief - \$33

Visit website for more information [www.swimgcat.org](http://www.swimgcat.org) under Middle School tab

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**Upcoming Swim Technique Clinic**

Given by

Drew and Hayley Logan  
Members of Olivet Nazarene University  
Swimming Team  
National Champion Teams

December 27th - 29th

4 - 6 pm

Wednesday: Freestyle and Backstroke

Thursday: Breaststroke and Butterfly

Friday: Starts and Turns

Cost - \$40 per day or \$110 for all 3