



# CMMS SWIMMING & DIVING 2022

## **I. PHYSICALS**

Sports physicals must be on file with the athletic department before you are allowed to begin. Please have your physical turned in on or before Monday October 31, 2022 (or the first day you start) . You must have a physical dated April 15, 2022 or after for it to be valid for this season.

## **II. PAY TO PARTICIPATE**

There are no pay to participate fees for this year.

## **III. TEAM PACKAGE**

The team package will include the team suit, team shirt, and team cap. The Team package is \$50. Money is due on or before Monday October 31, 2022 (or the first day you start). Checks can be made payable to John Glenn High School. Please enclose all money in an envelope with the swimmers name.

## **IV. REMIND SIGN-UP**

Please sign up for remind for announcements and practice updates. Text @cmmsbsswim to 81010 to join.

## **V. PRACTICE SCHEDULE**

Practices are usually right after school from 2:30-3:30 p.m. Meets are generally on Wednesdays, but there may be a few occasions they fall on a different night.

Our first practice will be on Monday October 31, 2022 from 2:30-3:30 p.m.

## **VI. CONTACT**

Coach LaRocque  
Head Coach  
larocquer@bangorschools.org  
989-450-7672

Coach Lytle  
Assistant Coach



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## VII. MEET SCHEDULE

11.09.22	Tune Up Meet CMMS, Northeast, White Pine	@ H.H. Dow	Warm-Up Meet Start	TBD 5:30 p.m.
11.16.22	CMMS vs. Handy	@ Handy MS	Warm-Up Meet Start	4:00 p.m. 5:00 p.m.
11.21.22	CMMS vs. White Pine <i>*Times may change due to start of high school boys*</i>	@ John Glenn	Warm-Up Meet Start	4:00 p.m. 5:00 p.m.
11.30.22	CMMS vs. Northeast	@ John Glenn	Warm-Up Meet Start	4:00 p.m. 5:00 p.m.
12.07.22	CMMS vs Western	@ Western	Warm-Up Meet Start	4:00 p.m. 5:00 p.m.
12.14.22	Jamboree CMMS, Handy, Jefferson, Northeast, Western, White Pine	@SVSU	Meet Details	TBD

*District transportation will be provided to and from our away meets. Bus times will be provided.  
For home meets, swimmers and divers should be at the high school by 3:40 p.m. unless otherwise noted.*