
Wauwatosa West



Wauwatosa West High School
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Nathan DeLany, Athletic Director



Athletic Department

July 2011

Hello Incoming Freshman Girls,

My name is Dale Shrank, and I am the girls' swim coach for West. As incoming freshman, I welcome you to join the swim team. The season runs from August 9th through early November, so we do start well before the school year. Our first practice is Tuesday, August 9th from 9:00 AM - Noon. However, those new or less experienced swimmers may be excused earlier at times.

In order to assure our program continues to grow and is successful we are always looking for new swimmers. If you are interested in swimming please feel free to contact me (see contact info below). No previous swim experience is needed to tryout, but it is a plus.

We do offer a swim clinic coached by Mark Schrank, who was voted Age Group Coach of the Year, which starts Monday, July 18th at Whitnall High School located at 5000 S 116th Street. The clinic cost is \$75 for the week, and the session times are 3:15 – 4:30 pm M-F. It is highly recommended for newly interested swimmers, and is a great way to set up fundamental skills for the upcoming season. Additional info can be given by contacting me at 262-679-9929.

Below are the important dates for the first week of the season.

Tosa West Girls Swim/Dive

First Week Information:

- Tuesday August 9th. First practice is at 9:00 am.
- Please make sure you have your clearance cards by the week of August 8th. These can be obtained from the athletic office. Some of you may also require a physical, so please look into this sooner than later.
- **There will be a Fall Sports/Parent meeting on the evening of Thursday, August 4th at 7pm in the Auditorium.**
- Bring your swim suits, goggles, running shoes (for dry work-outs) & water bottles

I'm looking forward to what promises to be one of the most successful seasons in the past 10 years. Go Trojans! See you on August 9th.

Coach Dale Schrank
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