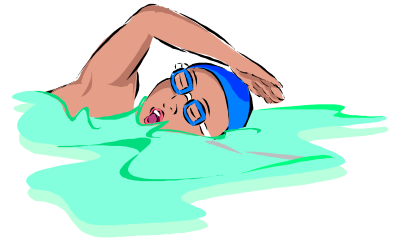


PAHS Girls' Swimming and Diving

Items you will need for the first day of practice:

- ❖ Yellow Athletic Clearance Card
- ❖ Swim Suit
- ❖ Cap (not divers)
- ❖ Goggles (not divers)
- ❖ Completed Goals Sheet if you have any idea of goal times
- ❖ Four questions completed
- ❖ Positive Attitude



Things you can do to prepare:

- ❖ Begin your sit-ups and push-ups now!
- ❖ Find a pool or lake to get used to the water again
- ❖ Run or some other aerobic activity
- ❖ Begin getting enough sleep now!
- ❖ Start or continue good eating habits

