

Lake Castle Middle School Swimming 2021

Do you love swimming and want to compete for your school? Come out for Lake Castle's Middle School Swim Team this fall where you can have fun with your friends, get a great workout, and represent your school. We will be participating with other middle schools all across the Northshore and Picayune, MS private schools as well.

Who can participate?

Lake Castle Middle School Swimming is open to all 5th – 8th graders. Prior swim team experience is encouraged.

Where is it held and what time?

Swim practice will be held at Tchefuncta Country Club on Tuesdays, Wednesdays, & Thursdays from 3:15 – 4:15.

When do practices start?

School swimming is a Fall sport. We start August 24th running through mid to late October (Date TBA once final meet schedule is finalized.)

Who are the coaches?

United States Swimming certified swim coaches, Chris Prator and Shannon Prator, have over 35 years' experience coaching swimmers of all ages and levels.

What are the costs?

Team program fee is \$175 which includes pool rental, coaching, and meet fees. Team swimsuit purchase is extra ranging from \$35-\$55 on average.

When are Swim Meets?

We will have two meets during the season. Schedule will be available on the first day of practice – but likely one in September and one in October.

How do I participate?

Simply show up on the first day of practice ready to swim! Sign-ups will be handled on deck with Coach Chris and Shannon but we would appreciate an email with your intent to have a head count.

Questions?

You may email Chris or Shannon at cpratorswim@aol.com with any questions regarding our program.

We look forward to having you represent our school in the pool this fall!

Lake Castle Elementary School/Seasonal Swimming 2021

Do you love swimming and want to get a taste of what school swimming is all about? Come out for Lake Castle's Elementary School Swim Team this fall where you can have fun with your friends, perfect your strokes, and represent your school. **PRIOR SWIM TEAM EXPERIENCE IS REQUIRED.**

Who can participate?

Lake Castle Elementary School Swimming is open to 1st – 4th graders **who have had prior swim team experience** such as summer league or a previous seasonal swim program.

Where is it held and what time?

Swim practice will be held at Tchefuncta Country Club on Tuesdays, Wednesdays, & Thursdays from 3:15 – 4:00.

When do practices start?

School swimming is a Fall sport. We start August 24th running through mid to late October. (Final dates TBA and are dependent upon the Championship meet date.)

Who are the coaches?

United States Swimming certified swim coaches, Chris Prator and Shannon Prator, have over 30 years' experience coaching swimmers of all ages and levels.

What are the costs?

Team program fee is \$150 which includes pool rental, coaching, and meet fees. Team swimsuit purchase is optional.

When are Swim Meets?

We will have two meets during the season!

How do I participate?

Simply show up on the first day of practice ready to swim! Sign-ups will be handled on deck with Coach Chris and Shannon but we would appreciate an email with your intent to have a head count. Team swimsuits are optional.

Questions?

You may email Chris or Shannon at cpratorswim@aol.com with any questions regarding our program.

We look forward to having you participate in our seasonal swim program this fall!



2021 Swimming Sign Up Form

Student's Name: _____ Homeroom: _____

Date of Birth: _____ Current Age: _____

Mother's Name: _____ Father's Name: _____

Cell #'s: _____

Primary Email: _____
(Please print)

RETURN TO MR. DONAHUE PRIOR TO Monday, August 30.