



HWSA Conant Dolphins Swim Team
Part of the Hickory Willow Swim Association

Come Swim with the Dolphins

The HWSA Conant Dolphins are offering a \$40 trial for from September 12 to September 23 for new swimmers. Come on September 7th or 8th from 7 to 8:30 to ask questions and to turn in paperwork! Enter at the pool (door 5) at JB Conant High School.

Come give our ISI/USA Swimming team a try. Improve your strokes, starts, and turns. Get in shape for the Boys' High School Season, swim with us all fall/winter or join us after the Girls' High School Season!

The HWSA Conant Dolphins team is a competitive ISI program practicing at Conant High School. We are part of the Hickory Willow Swim Association, which has finished in third place at the Illinois State Age Group Championships for 3 of the last 4 seasons! (We finished 4th in the other) . We send swimmers to state and national competitions such as Regional and Age Group Champs, Speedo Sectionals and Junior Nationals. We are open to swimmers age 6 and up who can swim 1 length of freestyle and backstroke. We teach you the rest!

Practices start September 12 for new swimmers. Practices are between 6:30 and 9:15 Monday through Friday. Actual practice times depend on your group. We also offer a Saturday practice most weeks. You will be placed in a group with other swimmers of your ability level and age after the conclusion of the 2 week trial.

You may print out the \$40 trial materials online at www.hwsadolphins.org (under the events tab). Be sure to fill out forms for the Conant location! Much more information about the team, including coaches, is also available on our website. Email us through the website for more information.

