

# SLUH SWIMMING & DIVING

## 2006 SEASON

All swimmers and divers must attend practice starting Monday, Aug. 7<sup>th</sup>  
Exceptions made only through Coach Long.

### Practice Location:

Forest Park Community College

### Pre-school Practice Times: Monday 7<sup>th</sup>- Friday 11<sup>th</sup>

All Freshmen and J.V.\*\* – 8:00-9:30 a.m.

Diving and Varsity\*\* – 9:15-11:30 a.m.

\*\*JV and Varsity groupings this week refer to 2005-2006 season. Decisions for JV/Varsity for Fall 2006 season will be made during this week.

### Regular Practice Schedule: Starting Monday August 14<sup>th</sup>

J.V. Swimming / Diving practice – 3:15-4:30 p.m.

Varsity Swimming practice – 4:15-6:30 p.m.

- Varsity will have some Saturday morning practices.
- Varsity will have weight-lifting on M W F before swimming starting when school is in session.
- No practice on days of swim meets unless told otherwise.
- All swimmers and divers are required to go to the meets.

### Coaching Staff:

Head Coach: Fritz Long  
(W) 314-533-8513 ext. 244  
(H) 314-962-4666  
coachlong@excite.com

Assistant Coaches: Brenndan LeBrun (Diving)

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Fr. Jim Knapp  
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Paula Long  
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