

Club Swimming

Tops (YMCA)

Competitive Swim Director:

Paul Moniak

(708) 383-5200

pmoniak@westcookymca.org

WWW.TOPSWIM.ORG

Millennium

Head Coach:

Kathy Rigali

(708) 366-2460

info@teamy2k.com

WWW.TEAMY2K.COM

Academy Bullets

RB Site Coach:

Mike Laurich

m.laurich@academybullets.com

WWW.ACADEMYBULLETS.COM

Contacts

Oak Park – River Forest

Head Coach:

Clyde Lundgren

(708) 434-3616

clundgren@oprfs.org

Athletic Office:

Lori Foley

(708) 434-3600

lfoley@oprfs.org

Join REMIND text;

To: 81010

Msg: @c7g28ee



hammerdownoprfs.weebly.com



OPRF Boys' Swimming and Diving

New Season Begins:

November 25th, 2019

Head Coach:

Clyde Lundgren

clundgren@oprfs.org

Oak Park River Forest High School

201 N. Scoville Oak Park, IL 60302

Athletic Office: (708) 434-3600

10 REASONS TO BECOME A HUSKIE SWIMMER!

10. Time Management
9. Responsibility
8. Goal Setting
7. Delayed Gratification
6. Team Solidarity
5. School Representation
4. Huskie Spirit
3. Team Outings
2. Team Traditions
1. **Once you're a Huskie,
You're always a Huskie!**

Schedule

- ❖ Minimum 10 week commitment
- ❖ Practice after school everyday
- ❖ Morning practices incl. Saturday swim and dryland (V - 3x, JV 2x)
- ❖ 1-2 Dual meets weekly after school until 7:30p
- ❖ Varsity meets on Saturday
- ❖ Training over winter break is required

**BOYS TRYOUTS BEGIN
NOVEMBER 25th, 2019**

Requirements

1. **Athletic Registration Form**
-may be picked up in the athletic office or printed from the OPRF website...
www.oprfhs.org
2. **Physical**
-Schedule physicals after June 1, 2019 to ensure full year participation
3. **Financial***
-\$55 Participation Fee
-\$55 Equipment/Uniform
-\$50 Misc. expenses
*contact coach for scholarship
4. **Ability**
-Legally swim all four strokes

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Msg: @cb798g



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OPRF Girls' Swimming and Diving

New Season Begins:

August 19th, 2019

Head Coach:

Clyde Lundgren

clundgren@oprfs.org

Oak Park River Forest High School

201 N. Scoville Oak Park, IL 60302

Athletic Office: (708) 434-3600

10 REASONS TO BECOME A HUSKIE SWIMMER!

10. Time Management
9. Responsibility
8. Goal Setting
7. Delayed Gratification
6. Team Solidarity
5. School Representation
4. Huskie Spirit
3. Team Outings/ Traditions
2. Physical Fitness
1. **Once you're a Huskie,
You're always a Huskie!**

Schedule

- ❖ Minimum 10 week commitment
- ❖ Practice after school everyday
- ❖ Morning practices incl. Saturday swim and dryland (V - 3x, JV 2x)
- ❖ 1-2 Dual meets weekly after school until 7:30p
- ❖ Varsity meets on Saturday

**GIRLS TRYOUTS BEGIN
August 19th, 2019**

Requirements

1. **Athletic Registration Form**
-may be picked up in the athletic office or printed from the OPRF website...
www.oprfhs.org
2. **Physical**
-Schedule physicals after June 1, 2019 to ensure full year participation
3. **Financial***
-\$55 Participation Fee
-\$85 Equipment/Uniform
-\$95 Misc. expenses
*contact coach for scholarship
4. **Ability**
-Legally swim all four strokes