



Athletic Clearance

- ☐ Complete and maintain status as shown on the [GHS Sports Registration page](#).
- ☐ Pay Activities, Athletics, and Gear fees to our school bookkeeper ([Coach Sullivan](#)).

Team Practices, Participation, Attendance, and Competition

- **Official practice starts at 3 p.m., Tuesday, Feb. 18**, at Moana Pool, 240 W. Moana Lane.
- All practices are 3 p.m.-4 p.m., Monday-Friday
- Athletes' families are responsible for transportation to practice.
- WCSD provides transportation to meets.
- Bring well-fitting goggles and a lock to practice; limit extra items; lockers at Moana are small.
- Arrive at practice as soon as possible after school; Moana requires all swimmers to shower before entering the pool; strive to be in the pool by 3 p.m.
- Join [our Band](#) for updates; scan a QR code from a teammate if you're not yet on Band.
- Practice and meet attendance is mandatory.
- Club practices only count toward school practices if more rigorous than school practices.
- Club swimmers must attend at least one high school practice per week and should attend the day before swim meets for relay practice; this is consistent with tapering practice since the focus is on technique and recovery the day before a competition. Please complete and update the Club Training Form on the [GHS Swim and Dive page](#).
- Club and high school coaches will coordinate to benefit every swimmer and the Grizzly team.
- In case of extraordinary circumstances that prevent regular practice, athletes must complete the Missed Practice Form on [the Galena Swim and Dive webpage](#).
- Swimmers must:
 - Attend at least ten school or club practices to compete in the March 1, 2025, meet.
 - Compete in at least half of league meets to qualify for Division I Regional Meet.
 - Be in the water at the designated warm-up time on meet days.

Varsity Letter Requirements

- Maintain academic eligibility for the entire season and follow all WCSD rules.
- Consistently exhibit good sportsmanship.
- Be available to swim each event at least once during the season.
- Participate in all meets unless excused and championship meets if qualified.

Family Participation

- Families play a critical role in our team's success.
- Contact Karel Malloy at karel_malloy@hotmail.com or (530) 412-4040 to join the Grizzly Swim and Dive Boosters!

Be part of Grizzly Athletics!

Galena High School Athletics uses sports to promote self-esteem, confidence, discipline, and cooperation while encouraging productive use of free time and supporting athletes' physical, mental, emotional, and social well-being. We aim to foster personal growth, teamwork, and commitment to sportsmanship as the foundation of our program. Join us!