



Cass Warrior Swimming 2025



Important Information:

SDEAA Conference Swim Meet: 4:30 pm Tuesday, April 29th at Downers Grove South High School 1436 Norfolk St, Downers Grove, IL 60516

Athletes must have an updated sports physical to participate in the team. You will not be allowed to get in the water without one.

Practices Location and Dates:

Location: Superior Training in Willowbrook, IL. 7580 S Quincy St. Willowbrook, IL 60527

Time: 6:30 pm-7:30 pm. You must have an updated sports physical on file to swim

April 14th Mon.

April 16th Wed.

April 21st Mon.

April 23rd Wed.

Equipment needed:

Competitive swimsuit, Towel, Goggles, Water Bottle

Attention

Cass Junior High is not responsible for transportation to and from practices. An athlete must have a ride to and from the practice location.

A bus will be provided for one-way transportation to the conference meet at Downers South.