SINK OR SWIM

WHO?

Incoming freshman students to Mary G. Montgomery High School

WHAT?

Sink or Swim is a program designed specifically to help MGM freshmen begin their Viking voyage and to aid in the transition from middle school to high school. Participants of the program will:

- Familiarize themselves with the school campus
- Develop friendships with peers
- Be mentored by upperclassmen (AKA lifeguards)
- Improve teamwork abilities
- Understand the policies and procedures of MGM
- Explore extracurricular activities
- Learn practical tips for success
- Feel comfortable about beginning high school
- Have fun!

WHEN?

Tuesday, July 30, 2019
Wednesday, July 31, 2019
7:30 A.M. – 2:30 P.M.

WHERE?

Mary G. Montgomery Campus

HOW MUCH DOES IT COST?

$30.00
(includes lunch, materials, and t-shirt)

Space is limited!

HOW CAN YOU PARTICIPATE?

You must reserve a space in Sink or Swim. Return the attached registration form and $30 to Mary G. Montgomery at the address listed on the registration form. The form and money must be postmarked by Friday, May 10. **All checks received must have a phone number, a driver's license number, and a physical address (not a P.O. box) on them.**

WHAT DO YOU BRING?

Students are asked to bring canned goods and non-perishable food items on the second day for a community service activity.

WHAT DO YOU WEAR?

You do not have to dress in the school uniform, but you must wear your Sink or Swim t-shirt each day. The t-shirts will be distributed during check-in on the first morning of Sink or Swim. Students should be prepared to change into the T-shirts. Shorts must be modest and appropriate for school. Comfortable clothes and shoes are recommended since participants will take part in games and recreational activities.

WHAT ABOUT TRANSPORTATION?

Buses will not be running. MGM is not responsible for students before 7:30 A.M. or after 2:30 P.M.

Note: This is not the same event as freshman registration. Freshmen will receive their class schedules during the designated registration times.

SINK OR SWIM

REGISTRATION FORM

Full Student Name
Preferred Name
School Attended in 8th Grade
Date of Birth Gender Male Female
Parent/Guardian Name
Parent Phone #
Student Phone #
Street Address
City, State, Zip
T-Shirt Size--Please cirlce Small Medium Large XL 2XL

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REGISTRATION FORM CONTINUED

_____

(student's name)
has my permission to participate in Sink or Swim at Mary G. Montgomery High School on July 30-31, 2019.

_____

(parent signature)

Health Problems

Allergies

Medications

Emergency Contact Name

Emergency Contact Number

Form of Payment

Cash Check

*Refunds will not be issued for any reason.

Mail with $30.00 by May 10 to:
Sink or Swim Attn: Hardegree
Mary G. Montgomery High School
P.O. Box 49, Semmes, AL 36575

*Checks without a phone number and physical address (not a P.O. box) will not be accepted.
**Registration forms postmarked after May 10 will not be accepted.

SINK OR SWIM INCLUDES

CHAOS
The ultimate icebreaker certain to wake you up and introduce you to unfamiliar faces

REALITY SHOW
A humorous look at some of MGM's most popular events, including the homecoming dance, lip sync, and Miss Viking Pageant

VIKING 101
Everything you need to know about MGM from lockers to lunch

SHARKS
The inside scoop on what to avoid and what to cling to during high school

TEAM CHALLENGE
Will your team have what it takes to survive our physical and mental challenges?

BON VOYAGE PEP RALLY
Your first MGM pep rally will send you off to begin your Viking voyage

AND MUCH MORE!

Join the Sink or Swim Remind group. Text @sosswim19 to the number 81010.

SINK OR SWIM

BEGINNING YOUR VIKING VOYAGE

MGM's Transition Program for Incoming Freshmen

July 30-31, 2019
Mary G. Montgomery High School