

Student's Last Name

Student's First Name

Student's Cell Phone Number if Available

Parent's Name

Parent's Phone Number

Physical Mailing Address

Middle School Student Attended

Emergency Contact

Emergency Contact Phone Number

Student's Tshirt Size (all adult sizes)

Students do not have to dress in school uniform; however, they must be dressed appropriately for school. Each student will receive a t-shirt upon check in, and we encourage students to wear this t-shirt throughout the day. Please do not wear tank tops or short shorts. Shorts need to be at least mid-thigh or 3-inch shorts. Shirts and bottoms should not have large holes. Undergarments should not show. Comfortable clothes and shoes are recommended for the day's activities.

For questions: email
shardegree@mcpss.com

Students and parents may also join the Group Me by scanning the image below.



SINK OR SWIM
CLASS OF 2026



Mary G. Montgomery

High School

Sink or Swim

Freshman
Orientation

Class of 2026

July 29, 2022



Mary G. Montgomery High School's Sink or Swim is an orientation program for incoming freshman. The one-day program allows new students to learn about our campus, meet upperclassmen, mingle with other freshmen, and have fun before the new school year begins. This year's orientation will be held on **Friday, July 29.**

Tentative Schedule

| | |
|-------------------|-------|
| Check in | 7:45 |
| Welcome | 8:00 |
| Break Out Session | 8:30 |
| Break | 9:00 |
| Break Out Session | 9:25 |
| Break Out Session | 10:00 |
| Break Out Session | 10:30 |
| Lunch | 11:00 |
| Break Out Session | 11:35 |
| Group Activity | 12:10 |
| Closing | 1:10 |
| Dismissal | 2:00 |

We will begin and end our day in the school's auditorium. This is where students should be dropped off and picked up.

Students will not be allowed into the auditorium until 7:45 A.M., and dismissal is at 2:00 P.M. There will be no supervision before 7:45 A.M. or after 2:00 P.M.

A snack for break and a light lunch will be provided. If your student has dietary restrictions or needs a heavier snack/lunch, we ask that he/she brings his/her own snack and lunch.

REGISTRATION AND DEADLINE!

THE DEADLINE TO REGISTER FOR SINK OR SWIM IS WEDNESDAY, JUNE 1. ALL REGISTRATIONS AND PAYMENTS MUST BE RECEIVED/ POSTMARKED BY JUNE 1. TO REGISTER, COMPLETE THE INFORMATION ON THE OPPOSITE SIDE OF THIS PAGE. DETACH THIS PORTION OF THE FLYER, AND SEND IT WITH A CHECK OR CASH TO MARY G. MONTGOMERY HIGH SCHOOL POST OFFICE BOX 49 SEMMES, ALABAMA 36575. YOU MAY ALSO DROP IT OFF AT MARY G. MONTGOMERY HIGH SCHOOL'S FRONT OFFICE IN AN ENVELOPE CLEARLY LABELED WITH THE FOLLOWING: SINK OR SWIM / SANDRA J. HARDEGREE. ANY PAYMENTS/REGISTRATIONS RECEIVED AFTER JUNE 1 WILL BE RETURNED TO THE ADDRESS LISTED IN THE STUDENT'S INFORMATION.

THE FEE TO ATTEND SINK OR SWIM IS \$25 PER STUDENT. IT IS NON-REFUNDABLE.

EACH STUDENT WILL RECEIVE A SINK OR SWIM TSHIRT.

WE WILL ONLY ACCEPT THE FIRST 150 STUDENTS TO SIGN UP.