

Hi Willowbrook Families,

My name is Maria Abrams and I am thrilled to be entering my first season a part of the Willowbrook Swim and Dive team! My dive background began with my involvement in competitive gymnastics. I joined my summer league dive team in elementary school and continued competing in summers through my freshmen year of college. I swam and dove for Fox Lane's varsity team, where I was a sectional qualifier both junior and senior year. Now I compete as a varsity swimmer at Boston College where I specialize in sprints. I am a rising junior majoring in applied psychology and human development.

In the 2017 season I look forward to strengthening the Willowbrook dive team while offering divers a fun and challenging experience. I will work to get new divers comfortable on the boards, while motivating more seasoned divers to reach new heights. I would encourage any new divers who are hesitant about the sport to give diving a try. I am excited to aid all divers in reaching their full potential on the boards. I can't wait to share my passion for both swimming and diving with the Willowbrook team.

Our practice schedule for the upcoming season will be as follows:

Pre-Season Practice Schedule:

Beginning Monday, June 19

5:00 – 6:00

Regular Practice Schedule:

Monday – Wednesday – Friday

5:30 – 6:30

Tuesday – Thursday

5:00 – 6:30

I am so excited for the upcoming season and I look forward to meeting you all!

Sincerely,

Maria Abrams