



PWCS Dive Information 2017-18

PWCS Dive Team Tryout Schedule

Day	Start Time	End Time
Monday, Nov. 6 – Boys Only	4:00pm	5:30pm
Tuesday, Nov. 7 – Girls Only	4:00pm	5:30pm
Wednesday, Nov. 8 – Boys Only	4:00pm	5:30pm
Thursday, Nov. 9 – Girls Only	4:00pm	5:30pm
Monday, Nov. 13 – Boys Only	4:00pm	5:30pm
Tuesday, Nov. 14 – Girls Only	4:00pm	5:30pm
Wednesday, Nov. 15 – Roster Announced First Day of Practice	4:00pm	5:30pm

- A current Sports Physical and Concussion certificate must be on file with the Athletic Office and you must have a completed blue emergency form in your possession before entering the pool. Blue forms will be collected at the start of practice.

- In order to make the Practice Team, Divers need to perform any 4 legal Dives. Dives must include proper approach.

- In order to make the Competition Team, Divers need to perform any 6 legal Dives. Dives must include proper approach.

- Coaches will use the try-out dates to teach new divers the basics. We will designate 1 diving board for beginners and 1 diving board for returning divers.

- Categories of Dives:

- 1) Forward (Straight, Pike, Tuck)
- 2) Backward (Straight, Pike, Tuck)
- 3) Reverse (Straight, Pike, Tuck)
- 4) Inward (Straight, Pike, Tuck)
- 5) Twist (Free - a combination of Straight, Pike, Tuck)

PWCS Dive Meet Schedule for 2017-18

Date	Time	Meet
Sat. 12/2/17	10:00 am	PWCS Dive Meet
Sat. 12/9/17	10:00 am	PWCS Dive Meet
Sat. 12/16/17	10:00 am	PWCS Dive Meet
Dec. 22 - Jan. 2		Winter Break
Sat. 1/6/18	10:00 am	PWCS Dive Meet
Sat. 1/13/18	10:00 am	PWCS Dive Meet
Fri. 1/27/18	TBD	District Dive Meet (at PWCS Aquatics Center)
Sat. 2/3/18	TBD - am	Regional Dive Meet (at PWCS Aquatics Center)
TBD (2/15-2/17/18)	TBD	State Dive Meet (location TBD)

PWCS Dive Team Practice Schedule 2017-18

Day	Warm-Up Time	Start Time	End Time	# of Lanes
Monday – Competition Team	4:00pm	4:05pm	5:25pm	4 (deep)
Tuesday – Competition Team	4:00pm	4:05pm	5:25pm	4 (deep)
Wednesday – Practice Team and Competition Team	4:00pm	4:05pm	5:25pm	4 (deep)
Thursday – Competition Team	4:00pm	4:05pm	5:25pm	4 (deep)