



PWCS Dive Information 2019-20

PWCS Dive Team 2019-20 Tryout Schedule

Day	Start Time	End Time
Monday, Nov. 11 – Boys Only	4:00pm	5:30pm
Tuesday, Nov. 12 – Girls Only	4:00pm	5:30pm
Wednesday, Nov. 13 – Boys Only	4:00pm	5:30pm
Thursday, Nov. 14 – Girls Only	4:00pm	5:30pm
Monday, Nov. 18 – Boys Only	4:00pm	5:30pm
Tuesday, Nov. 19 – Girls Only	4:00pm	5:30pm
Wednesday, Nov. 20 – Roster Announced First Day of Practice	4:00pm	5:30pm

- A current **Sports Physical** and Concussion Certificate must be on file with your school's Athletic Office and you must have a completed **Blue Emergency Card** in your possession before entering the pool. Once your school adds you to their tryout roster, the Head Swim Coach from **YOUR** school will send your name to the PWCS Dive Coach, Stephanie Schaefer. Your name must be on your school's tryout roster in order to participate during the designated tryout days. **Blue Emergency Cards** will be collected at the start of practice.

- In order to make the Practice Team, Divers need to perform any 4 legal Dives from 3 Categories. Dives must include proper approach.

- In order to make the Competition Team, Divers need to perform any 6 legal Dives from 4 Categories. Dives must include proper approach.

- PWCS Coaches will use the tryout 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 2019-20

Date	Warm-Ups (Arrival Time may be earlier)	Meet
Sat. 12/7/19	10:00 am	PWCS Dive Meet
Sat. 12/14/19	10:00 am	PWCS Dive Meet
Sat. 12/21/19	10:00 am	PWCS Dive Meet
Dec. 23 - Jan. 5		Winter Break
Sat. 1/11/20	10:00 am	PWCS Dive Meet
Sat. 1/25/20	10:00 am	PWCS Dive Meet
Thurs. 1/30/20	5:00 pm	Cardinal & Cedar District Dive Meet (at PWCS Aquatics Center)
Fri. 2/7/20	TBD	Region 6B Dive Meet (at PWCS Aquatics Center)
TBD (2/20/20-2/22/20)	TBD	State Dive Meet (TBD – Pool in Fairfax)

PWCS Dive Team Practice Schedule 2019-20

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)