



# Swim and Dive info

2023-24

# Registration and eligibility

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Team fees will be \$100 per athlete, and due after tryouts and before the first meet.

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New swimmers must purchase a team swimsuit, returning swimmers have the choice

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Must have physical, concussion training, and white/yellow eligibility slip turned in and approved before the first day of tryouts. If you don't have these, you will not be allowed to tryout until you turn them in.

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Emergency blue card, must be handed to one of the coaches on the first day of tryouts, if we don't have it, you can not try out that day. for divers you must have 2 blue cards, one for the swim coaches and one for the dive coaches.

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Athletes must meet the minimum academic requirements to participate (enrolled in and passing at least 5 classes, with no less than two Cs and 3 D's per semester).

# Tryouts

- Everyone will have 3 days offered of tryouts.
- Timed events will be 50 free, 100 choice (non-free), and 200 IM
- Timed events are not the only thing we will be looking at and considering while deciding the team
- We will be taking around 30–35 boys and 30-35 girls for the team
- Please arrive at least 20 minutes early to tryouts, so everyone has enough time to check in, get ready to swim, and we can check that all the paperwork is turned in.
- Having some extra volunteers (parents, friends, ETC...) to help time at tryouts will make everything go quicker, and the extra help is greatly appreciated

# Tryout schedules



**DIVE TRYOUT SCHEDULE**  
2023-24

TUESDAY 11/7	TRYOUT @ COLGAN 4:00 - 5:30
WEDNESDAY 11/8	TRYOUT @ COLGAN 4:00 - 5:30
THURSDAY 11/9	TRYOUT @ COLGAN 4:00 - 5:30
MONDAY 11/13	TRYOUT @ COLGAN 4:00 - 5:30
TUESDAY 11/14	TRYOUT @ COLGAN 4:00 - 5:30
WEDNESDAY 11/15	TRYOUT @ COLGAN 4:00 - 5:30
THURSDAY 11/16	TEAM ANNOUNCEMENTS AND 1ST PRACTICE

Contact Coach Baker for questions: [bakeram@pwcs.edu](mailto:bakeram@pwcs.edu)

gipper | hudl



# 2023-24 SEASON SWIM TRYOUTS

**NOV 8TH**  
5 - 6, Colgan Pool  
100 choice non-free, girls

**NOV 9TH**  
8:30-9:30, Central Park Aquatic Center  
50 Free, Everyone

**NOV 13TH**  
4-5, Colgan Pool  
100 Choice non-free, boys

**NOV 14TH**  
8:30-9:30, Central Park Aquatic Center  
200 IM, everyone

DIVE TRYOUT INFORMATION  
WILL BE COMING SOON

# Practice

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No practices on Fridays.

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Athletes are expected to be on time to practice unless discussed ahead of time, please try to get to the pool about 15 minutes early that way we can get in the water on time.

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Athletes are expected to be picked up from practice promptly.

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Swimmers/divers will be given a warning and may be removed from the team after repeated late pickups or late arrivals.

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Non-club swimmers are expected all practice each week

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Club swimmers are expected to be at a MINIMUM of once a week

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Club swimmers are expected to come to HS practice on the days they don't have club practice

# Practice schedules

Swim:		
Day:	Pool:	Time:
Monday	Colgan	4 - 5 PM
Tuesday	CPAC	8:30 - 9:30 PM
Wednesday	Colgan	5 - 6 PM
Thursday	CPAC	8:30 - 9:30 PM

Dive:		
Day:	Pool:	Time:
Monday	Colgan	4:05 - 5:25 PM
Tuesday	Colgan	4:05 - 5:25 PM
Wednesday	Colgan	4:05 - 5:25 PM
Thursday	Colgan	4:05 - 5:25 PM

# Meets



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Meet schedule will be published around tryouts

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Events: athletes can be placed in a max of 2 individual and 2 relays OR 1 individual and 3 relays

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No electronics at the meets (talk to coaches for exceptions)

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Missing/skipping an event during a meet will result in you getting pulled from the next meet.

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You must wear your team suit and cap at all meets, the only exception is if you ask ahead of time to wear a tech suit.

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Missing 2 or more meets (unexcused) can may make you ineligible for further participation on the team

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Unexcused absence: conflicting sport event (club meets as well), work, volunteer assignments, not communicating ahead of time that you will not be attending the meet, ETC...

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Excused absences: illness, academic conflicts such as: tests, make up work, academic auditions, college entrance exam testing, family emergencies, bereavement, and religious conflicts, ETC...

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Divers must attend 2 swim meets and swimmers must attend 2 dive meets

# Communication

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Before the team is formed, most update/communication will be down through both the athletics page and instagram.

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After the team is formed Email will be the best form of contact.

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Head Coach - Robbie Seymour – [seymourf@pwcs.edu](mailto:seymourf@pwcs.edu)

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Assistant Coach - Daniel Gardner – [gardnedj@pwcs.edu](mailto:gardnedj@pwcs.edu)

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PWCS Head Dive Coach - Coach Baker -  
[BakerAM@pwcs.edu](mailto:BakerAM@pwcs.edu)



# Parent info

- Volunteers are a necessity at meets. Without enough volunteers the meet won't be able to start and can be delayed or even cancelled.
- We are looking for a few parent reps that can help assist with coordinating volunteers for meets and helping with other team activities.
- Meets: There is no provided transportation for meets at the Freedom Center, PWCSAC (Colgan), or CPAC. If we have a bus for a meet, athletes are expected to ride the bus to and from the meet. We will most likely not have busses for champ meets.
- Practice: There is no provided transportation for practices at the Freedom center or PWCSAC. Please provide a list of approved people your athlete is allowed to go to and from practice with, this is just so the coaches are aware of how they are supposed to get home.

# Other info

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Lettering criteria has been slightly changed from last year, more will come after tryouts.

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Captains will be decided after tryouts, same criteria as last year

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We will have either swim families or big and littles this year

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We will be trying to have pasta parties this year when we don't have practice conflicts.

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Lockerroom's may be used at the facilities as needed. Please follow each of the facility's guidelines and rules when using the locker rooms. At the end of each practice and meets the captains will check the locker rooms and notify the coaches of who is still in them or if it is cleared.