

OFHS Swim and Dive

How to get info for the team?



Email head coach Karen Smalley at smalleyka@pcsb.org



Scan the QR code and fill out our “information form” to get on our email list to get information



Why join the team?



Swimming is a fantastic, low impact sport that your athlete will be able to do the rest of their life.



It looks great on college application since they know swimming/diving require dedication and commitment



Will get to meet many new people at the school before school even starts.

Practice Information:



Monday-Friday, 4-6pm (swimming), divers please see Coach Smalley for practice details



Pool located on 86th Ave. N. (next door to Seminole Middle School)



First day of practice is usually the first Monday in August.



Club swimmers/divers may continue to practice with their club teams during the season

FAQ:



No experience needed but recommended you should be able to swim 25 yards of each stroke and 100 yards of freestyle.



Lanes are split by ability and we will work with you.



We have Junior Varsity Girls, Varsity Girls, and Varsity Boys



Athletes are responsible for transportation to and from practices and meets.

Can I swim/dive now?



West Florida Aquatic Team (WFLA) at Southwest Rec Center in Largo – (swim/dive year-round)

- WFLA summer league starts when school gets out (coached by an OFHS swim alumni)
- WFLA high school conditioning clinics during the summer
- Swim: <https://www.gomotionapp.com/team/flwfla/page/home>
- Dive: <https://wfladiving.org/>



- WFLA swim



- WFLA dive



Bluetide Aquatic Team (BAT) at Seminole High School pool (along 86th next to the middle school) – swim (starts in April)

- www.batswim.com



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West Coast Aquatics (WCA) – St. Pete Beach Rec (swim) (year-round)

- <https://www.gomotionapp.com/team/flfwca/page/home>



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St. Pete Aquatic Team (SPA) at Northshore Pool/Walter Fuller in St. Pete – swim (year-round)

- SPA Summer League – city of St Pete pools (starts when school gets out)
- <https://www.gomotionapp.com/team/flstpa/page/home>



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Clearwater Aquatic Team (CAT) at Long Center – swim (year-round)

- <https://www.gomotionapp.com/team/cwat/page/home>



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