

May 30, 2024

Dear Swimmers, Divers, and Parents,

Welcome to the 2024-2025 swimming and diving season. Time is flying by as we move into the summer and are getting prepared for a great fall season (which starts with summer conditioning!)

To be ready for the first day of practice, each athlete must complete the athletic clearance paperwork required by the school. This is submitted digitally to the school, see the school website for details and follow the instructions (<https://www.pcsb.org/Domain/12709>). The new school year insurance and any changes in files will go live after July 1st. Please be sure that everything is completed properly so that there is not a delay in starting practice.

Speaking of the first day of practice.....The big event is Monday, August 5th. At 2:15pm we will meet at the Greater Palm Harbor YMCA pool. On the first day of practice, we will have a couple of get to know each other activities led by the captains, and we will begin tryouts! Please have both dryland clothes (shoes and athletic clothes) as well as swimming attire for every of preschool practice. Please come to practice prepared for the heat. Being hydrated and having a base level of physical fitness is expected and necessary.

There are time standards that must be met during the 1st week of practice, for both swimming and dryland. Those times/requirements are attached. Our dive team is in a transition state as we seek a new diving coach, but divers are welcome to attend, and I can provide details about diving options.

Remember that only freshman and sophomore girls can be a part of the JV team. Some freshman and sophomores will compete at both the JV and varsity level (JV Plus). Girls and boys will practice together, and JV plus freshman and sophomores will also be eligible for conference, district and state competition. Because the team needs to be a manageable number for practice and competition purposes, **tryouts will begin on Monday, August 5th. The final team roster will be announced no later than the end of practice on Friday, August 9th. Club swimmers can use USA Swimming data to fulfill tryout requirements. Everyone will complete the dryland tryout.** Note that our first dual meet is on Wednesday, August 28th.

Finally, we will have our **Parent/Booster Club meeting on Saturday, August 17th**. @ 10:00am at the Palm Harbor YMCA. We will discuss the upcoming season, register volunteers, and order team gear. All swim/dive parents should plan to attend.

If you have any questions I can answer over the summer, feel free to email me at mccannt@pcsb.org or our booster president Mrs. Stacey Wendol at phuswimdivebooster@gmail.com.

Thank you,

Coach Tim McCann
PHUHS Swim/Dive Team
IB/AP Chemistry