

OSCEOLA SWIM & DIVE

2022-2023

PRACTICES

MONDAY through FRIDAY
from 4:00 to 6:00pm

Seminole HS pool on 86th
Ave N

First day of practice will be
Monday, August 1st, 2022



FAQs

- **Experience needed?**
- No swim team experience needed. But swimmers new to the team should be able to complete 100 yards of freestyle without stopping, and at least 25 yards each of backstroke, breaststroke, and butterfly. We recommend that swimmers participate in a summer swim or high school conditioning program.





FAQs

- **Transportation?**
- Athletes are responsible for their own transportation to and from all practices and meets.

FAQs

- **Parental Involvement?**
- Every parent is expected to volunteer at least once per season. Each dual meets we need at least 30 parents to run smoothly – so please register as a volunteer (this must be done each school year)



FAQs

- **Why join the team?**
- Swimming is a fantastic, low impact sport that your athlete will be able to do the rest of their life. But, it does require a commitment of 5 days per week, 100+ hours of practice and at least 8 meets per season.



Where to swim/dive before high school season starts?

Many are year-round, some start in April.

- Bluetide Aquatic Team (BAT) at Seminole High School pool (along 86th next to the middle school) – swim
- West Florida Aquatic Team (WFLA) at Southwest Rec Center in Largo – swim/dive
- Radiant Aquatics (RAD): Clearwater HS, Dunedin, and St. Pete (swim/dive)
- Clearwater Aquatic Team (CAT) at Long Center – swim
- West Coast Aquatics (WCA) – St. Pete Beach Rec (swim)
- TBAC – Countryside and Clearwater areas
- St. Pete Aquatic Team (SPA) at Northshore Pool/Walter Fuller in St. Pete – swim/dive
- SPA Summer League – city of St Pete pools (check with city of St Pete for details)
- Palm Harbor YMCA (PYP) at Palm Harbor YMCA in Palm Harbor – swim only
- Most city pools and country clubs offer summer swimming or high school conditioning

For more information

Please go to

<http://ohsswimanddive.weebly.com>

and fill out the **'Information Form'** to receive more information about OHS Swim/Dive team.

Or scan the QR Code

Email Coach Karen Smalley for any questions:

smalleyka@pcsb.org

