

OHS Swim & Dive

Head Coach
Karen Smalley
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2020-2021



Practices will be held Monday through Friday from 4:00 to 6:00PM at the Seminole H.S. pool on 86th Ave. N. The first day of practice will be Monday, July 27th. Regular season ends around end of October.

Paperwork needed:

- Copy of birth certificate (for incoming freshman)
- School insurance (not available until beginning of July)
- Completed athletic packet (not available until beginning of July)
- Update physical (physical paper to be filled out is in the athletic packet)

Please go to <http://ohsswimanddive.weebly.com> and fill out information to receive more information about OHS Swim/Dive team.

FAQ

❖ Experience needed?

None. 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.

❖ Transportation?

Athletes are responsible for their own transportation to and from all practices and meets.

❖ 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)

❖ 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.