

# Please read all of the enclosed information!

Participation and insurance information forms for the 2020-2021 school year are **NOT** included in this packet.

They may be picked up at school **AFTER** JULY 1<sup>st</sup> or found on the pcsb.org website under Extracurricular Activities.

Please be sure you fill them out completely.

Included in this packet is a participation checklist for your convenience. This will help you be ready for the first day of practice on **Wednesday, August 5th.**

If you have any questions, please email me at [BittingL@pcsb.org](mailto:BittingL@pcsb.org)

Thank you in advance for your support of the  
Palm Harbor University High School  
Swimming and Diving Team.

Coach Bitting 😊

May 15, 2020

Dear Swimmers, Divers, and Parents,

Hi! Welcome to the 2020-2021 swimming and diving season (we are cautiously optimistic). Time is flying by as we get closer to the end of the school year. I hope everyone is looking forward to their summer and getting prepared for a great fall season.

In order to be ready for the first day of practice, each athlete must complete the participation paperwork required by the school. I have included an eligibility checklist in this packet. 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 Wednesday, August 5th.** Beginning that day, we will meet in the gym lobby at PHUHS. All paperwork must be complete to start practice. We will begin collecting paperwork at 2 pm. We will have a couple of get to know each other activities led by the captains and we will start tryouts that day.

The general requirement for all members of the swimming team is to be able to perform all four competitive strokes and turns legally as well as participate in dry land cross training (some running, core work and calisthenics). Specific swimming and dry land requirements are listed on the next page. The diving coach will evaluate the divers during the first week practice.

Remember that only freshman and sophomore girls can be a part of the JV team. Some freshman and sophomores will compete at the 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 I will have to cut the team to a manageable number for practice and competition purposes, **tryouts will begin on Wednesday, August 5<sup>th</sup>. The final team will be announced at the end of practice on Friday, August 7<sup>th</sup>. You may bring a print out from USA Swimming dated anytime after September 1, 2019 showing that you have met the time standard requirements for swimming. Everyone will complete the dryland tryout.** Remember that our first meet is on Wednesday, August 26th.

Thirdly, we will have our **Season Kick Off and Booster Club meeting on Saturday, August 15th**. We will discuss the upcoming season, register volunteers, order team gear, and have a catered lunch. Please plan to attend.

I hope to see everyone on August 5th. (with completed paperwork)

Sincerely,

Coach Lisa Bitting ☺

## Swimming Time Standards

In order to make the 2019 team you must make the following **five** qualifying times:

	<u>JV Girls</u>	<u>Varsity Girls</u>	<u>JV Plus Girls</u>	<u>Varsity Boys</u>
	<b>9,10 Grade Only</b>	<b>11,12 Grade</b>	<b>9,10 Grade</b>	<b>9 thru 12 Grade</b>
<b>100 Free</b>	N/A	1:15.00	1:05.00	1:12.00
<b>100 Back</b>	N/A	1:25.00	1:15.00	1:25.00
<b>100 Breast</b>	N/A	1:38.00	1:28.00	1:34.00
<b>500 Free</b>	8:30.00	7:45.00	6:30.00	7:30.00
<b>200 IM</b>	3:45.00	3:30.00	2:50.00	3:20.00

\*\*\*You may substitute **one** of the following times for one of the five events above:

<b>50 Free</b>	N/A	33.00	30.00	30.00
<b>200 Free</b>	N/A	2:38.00	2:18.00	2:30.00
<b>100 Fly</b>	N/A	1:25.00	1:18.00	1:22.00

## Dryland Standards

<b>2 Lap Track Run</b> (must be under this time)	<b>5:00</b>	<b>4:30</b>	<b>4:30</b>	<b>4:00</b>
<b>1 minute of pushups</b> (must do more than this number - elbows to 90 degree angle)	<b>15</b>	<b>25</b>	<b>25</b>	<b>30</b>
<b>1 minute of squats</b> (must do more than this number - gluteus maximus must touch bleacher seat)	<b>25</b>	<b>30</b>	<b>30</b>	<b>35</b>

\*\*JV plus girls have the opportunity to swim varsity as 9th and 10th graders.

\*\*If there is an issue with a time standard due to injury, please provide a doctor's note and consideration will be given appropriately.

# 2020 Swimming and Diving Team

## Event Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
Wed., 8/5	Paperwork Collection/Tryouts begin	2:00 pm	PHUHS Gym Lobby
8/5-7	Tryouts	2:15 – 5 pm	PH YMCA
Fri., 8/7	Final Team Roster announced	during practice	PH YMCA
Wed., 8/12	School Starts	7:25 am	PHUHS
Sat., 8/15	Ropes Course Parent Meeting	9 am 11 am	Trinity/Gills YMCA in Pasco (Pasco County)
Fri., 8/21	Intersquad Meet (Spirit also)	2 – 5 pm	GPH YMCA
Sat., 8/22	Parent Meet and Greet (PARENTS ONLY – NO SWIMMERS and DIVERS)	6:30 – 9:30 pm	Haughey Home
Wed., 8/26	Home vs. Seminole (Spirit Bag)	evening**	GPH YMCA
Fri., 8/28	Spirit Night	6:00 – 8:30 pm	????? Home
Fri., 8/28	Relay/Spirit Meet – Diving	afternoon	Northeast HS Pool
Sat., 8/29	Relay/Spirit Meet – Swimming	morning	Northshore Pool
Wed., 9/2	Home vs. St. Pete (Team Pictures)	evening**	GPH YMCA
Wed., 9/9	Away vs. Countryside (Spirit Bag)	evening**	Long Center
Wed., 9/16	Away vs. Osceola	evening**	Seminole HS Pool
Wed., 9/23	Away vs. Clearwater (Spirit Bag)	evening**	Clearwater HS Pool
Fri., 9/25	PCAC Diving Championships	afternoon	Long Center
Sat., 9/26	PCAC Swimming Championships	prelims/finals	Long Center
Wed., 9/30	Away vs. Northeast	evening**	Northeast HS Pool
TBA	Progressive Dinner	5:30	Mekler Home
Wed., 10/7	Home vs. Eastlake (Spirit Bag& Sr. Night)	evening**	???? Home/ GPH YMCA
Fri., 10/16	Eagle Invite- Swimming & Diving	afternoon/evening	Long Center (non-district swimmers and divers)
Sat., 10/24	Districts Swim/Dive Championships	afternoon/evening	Long Center (PHU Host)
Sat., 10/31	Region Swim/Dive Championships	TBA	TBA
Sat., 11/7	FL Finals Championships	Prelims/Finals	Stuart, FL
Fri., 11/20	Banquet	6 pm	Countryside Country Club

\*\* - for dual meets.....diving competition begins at 6:15 pm and swimming competition at 7:00 pm

# PHUHS SWIMMING AND DIVING TEAM ELIGIBILITY CHECK LIST

(These items must be completed before you begin participation)

STUDENT NAME \_\_\_\_\_

GRADE \_\_\_\_\_

PARENT NAME \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_ (student & parents)

CELL PHONE Student \_\_\_\_\_

Parent \_\_\_\_\_

Please have the following documents in order:

1. Clearance for participation Form (GA7)

\_\_\_\_\_ Completed

2. Application for Athletic Participation (1 page)

\_\_\_\_\_ Signed by Student

\_\_\_\_\_ Signed by Parent

3. Relevant Information Regarding Extracurricular Athletics & Concussion/Heat Related Form (1 page)

\_\_\_\_\_ Signed by Student

\_\_\_\_\_ Signed by Parent

4. High School Activities Participation Form (2 pages)

\_\_\_\_\_ Signed by Student

\_\_\_\_\_ Signed by Parent

\_\_\_\_\_ NOTARIZED

5. FHSAA Consent & Release from Liability Certificate (EL3 – 4 pages)

\_\_\_\_\_ Signed by Student

\_\_\_\_\_ Signed by Parent

6. Addendum to High School Activities Participation Form (1 page)

\_\_\_\_\_ Signed by Student

\_\_\_\_\_ Signed by Parent

7. FHSAA Pre-participation Physical Evaluation (EL2)

\_\_\_\_\_ Part 1 Completed

\_\_\_\_\_ Part 2 Signed by student and parent

\_\_\_\_\_ Part 3 Signed by Doctor

8. ATTACHMENTS

\_\_\_\_\_ Birth Certificate (9<sup>th</sup> grade)

\_\_\_\_\_ Insurance Confirmation\*

\_\_\_\_\_ Concussion Completion Certificate\*\*

9. TEAM/BOOSTER FORMS & ATTACHMENTS

Ropes Course \_\_\_\_\_ Course & Lunch (\$25)

\_\_\_\_\_ Waiver

Membership \_\_\_\_\_ Booster Check (\$30)

Fundraising \_\_\_\_\_ Minimum \$70/student

Swim Times \_\_\_\_\_ (USA swimming times)

Commitment \_\_\_\_\_ signed by Parent

\_\_\_\_\_ signed by Student

**Items 1 -8 MUST be completed in their entirety for FL High School Athletic Association to try out for any sport.**

\*Insurance (additional insurance is required by FHSAA) - <http://www.pcsb.org/Athletics>

\*\*Concussion Course & Certificate - <http://nfhslearn.com/courses>



LEARNING  
CENTER

As per FHSAA Policies **40.1.1**, **41.1** and **42.1.1**, all student-athletes are required to watch the following FREE NFHS Learn courses annually.

- [Concussion in Sports – What You Need to Know](#)
- [Heat Illness Prevention](#)
- [Sudden Cardiac Arrest](#)

### **Course Ordering**

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com).

Step 2: **“Sign In”** to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

OR

If you do not have an account, **“Register”** for an account.

Step 3: Click **“Courses”** at the top of the page.

Step 4: Scroll down to the specific course from the list of courses.

Step 5: Click **“View Course”**.

Step 6: Click **“Order Course.”**

Step 7: Select **“Myself”** if the course will be completed by you.

Step 8: Click **“Continue”** and follow the on-screen prompts to finish the checkout process. (Note: There is no fee for these courses.)

### **Beginning a Course**

Step 1: Go to [www.nfhslearn.com](http://www.nfhslearn.com).

Step 2: **“Sign In”** to your account using the e-mail address and password you provided at time of registering for an nfhslearn account.

Step 3: From your **“Dashboard,”** click **“My Courses”**.

Step 4: Click **“Begin Course”** on the course you wish to take.

For help viewing the course, please contact the help desk at NFHS. There is a tab on the upper right hand corner of [www.nfhslearn.com](http://www.nfhslearn.com). If you should experience any issues while taking the course, please contact the NFHS Help Desk at (317) 565-2023.



Swim & Dive 2020 Season

The PHU Swimming & Diving Booster Club welcomes everyone **trying out** for the 2020 season. Our team commitment is outlined as follows. Each athlete/family is required to meet our fundraising & volunteer requirements. All students are asked to raise \$100 (\$30 for Booster per family & \$70 in ad money for our annual Sponsor Book per swimmer/diver). Athletes that meet the fundraising requirement by **August 15 to receive** a team T-Shirt. Parent volunteers are a necessary and integral part of our swim team. It is important for all families to participate in the volunteer opportunities noted below:

- Volunteer for a minimum of **two** home swim meets + District or Regions meet (10/24 or 10/31) in one of the following roles:
  - Timers (time each swimmer with meet provided stop watches)
  - Concession (selling snacks & drinks)
  - Scorers (add the scores from the timers' sheets)
  - Runners (collect timers' sheets)
- Contribute to at least **two** pre-meet meals (set up through sign-up genius)

Additionally, we like all athletes and parents to attend our Ropes Course & Team Meeting (\$25 for students – includes Ropes Course & Catered Lunch + \$10/per person if family wants to enjoy lunch). It is recommended that each swimmer/diver purchase the PHU team suit and cap. At the end of the season we enjoy an amazing banquet. The cost of this banquet is free to each swimmer/diver that fulfilled the **fundraising & volunteer** requirements.

Please sign the bottom of this form as notice that you and your athlete understand the information above. **Tryouts for the team are August 5-7**. This commitment letter needs to be signed prior to swim and dive try outs. You can email to [tyhaughey@msn.com](mailto:tyhaughey@msn.com).

Kind Regards,

Ty Haughey, PHUHS Swim & Dive Boosters

**I HAVE READ AND FULLY UNDERSTAND ALL OF THE INFORMATION THAT HAS BEEN PRESENTED TO ME.**

**DATE** \_\_\_\_\_

**STUDENT(S) NAME** \_\_\_\_\_

**PARENT/GUARDIAN SIGNATURE** \_\_\_\_\_

**EMAIL (PARENT(s))** \_\_\_\_\_

**EMAIL (STUDENT)** \_\_\_\_\_

## PHU SWIM & DIVE FUNDRAISING 2020

Fundraising is a very important part of any non-profit athletic program. The money we raise annually supports the activities and functions in which the athletes are directly involved. The funds are allocated to supplement the following:

The pre-meet meals, T-shirts, senior night activities, Spirit Meet supplies, postage for mailings, fees to maintain the incorporation of the booster club, meet entry fees, pool supplies, other necessary equipment for the team, memory books, awards, senior gifts, invitations and decorations for the banquet.

The fundraising plan is outlined below. This can be completed over the summer and is due no later than August 23. However, if paid by August 17 (Ropes Course) your swimmer/diver will receive a free 2019 team t-shirt.

Booster Club Dues      \$30 per family

Team Sponsorships      \$70 per athlete

For example: A family with **one athlete** would pay a minimum of **\$100** for fundraising, a **two athlete** family would pay a minimum of **\$170** and a **three athlete** family would pay a minimum of **\$240**.

One easy way to cover fundraising requirements is to sell an ad or ads for the Sponsor Book either for your family or to businesses. All team members and business sponsors receive a copy of the Sponsor book. Below are the funding levels for the Sponsor book: **(Preferred Format PDF)**

\$20	Category 1 Hurricane	Business card ad
\$40	Category 2 Hurricane	¼ page ad (landscape format)
\$70	Category 3 Hurricane	½ page ad (landscape format)
\$100	Category 4 Hurricane	Full Page ad (portrait format)

Please remember that all advertisements should reflect the support of Palm Harbor University High School Swimming and Diving. Checks should be made payable to **PHUHS Swim and Dive Boosters**.

The booster club dues and team sponsorships can be returned any time prior to August 25 (even over the summer if you finish early ☺). All athletes who have met their fundraising requirement will have a *free* seat at the annual banquet. Any athletes who have **not** met their requirements will need to pay for the banquet. Please see Coach if you need additional Team Sponsorship forms.

If a family or business is interested in sponsoring above the \$100 Category 4 Level we encourage them to do so!

Membership information and team sponsorship information are on the following pages. The 2020 Membership/Fundraising Form can be used for family sponsorship and the 2020 Team Sponsorship Form can be used for business sponsorships.

**\*\*NOTE\*\* Each swimmer that meets the fundraising requirements (family booster dues and sponsorship) by the Ropes Course (August 15<sup>th</sup>) will receive a FREE team shirt!**





**Family Membership/Fundraising Form  
PHUHS Swim and Dive Boosters**

Athlete Name: \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Athlete Name: \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Athlete Name: \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Parent/Guardian Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Phone 2: \_\_\_\_\_ Phone 3: \_\_\_\_\_

E-Mail where you would like to receive swim/dive updates: \_\_\_\_\_

Booster Club Dues @ \$30/family # \_\_\_\_\_ \$ \_\_\_\_\_

Business Card Ad @ \$20/each # \_\_\_\_\_ \$ \_\_\_\_\_

¼ page ad @ \$40/each # \_\_\_\_\_ \$ \_\_\_\_\_

½ page ad @ \$70/each # \_\_\_\_\_ \$ \_\_\_\_\_

Full page ad @ \$100/each # \_\_\_\_\_ \$ \_\_\_\_\_

TOTAL FUNDRAISING \$ \_\_\_\_\_

ADDITIONAL Donation  
(Please specify: General, Pre-Meet Meal, etc.) \$ \_\_\_\_\_

Make Checks Payable to: **PHUHS Swim and Dive Boosters**

**Sponsor Book Instructions:**

Please turn in fundraising form and ad money to Coach. For best results please submit ads in pdf format via e-mail. Please e-mail ads to Ty Haughey at [tyhaughey@msn.com](mailto:tyhaughey@msn.com) by **September 1st.**



**Business Team Sponsorship Form  
Palm Harbor University High School Swim and Dive Boosters**

Thank you for sponsoring the PHUHS Swim and Dive Team. The PHUHS Swim and Dive Booster Club is a 501-(C) 3 Not for profit and all money helps support the swimmers and divers. We appreciate your sponsorship!

**Team Sponsorship Levels for Sponsor Book (Preferred format PDF)**

- \_\_\_\_\_ \$20 Category 1 Hurricane Business Card sized ad
- \_\_\_\_\_ \$40 Category 2 Hurricane ¼ page ad (landscape format)
- \_\_\_\_\_ \$70 Category 3 Hurricane ½ page ad (landscape format)
- \_\_\_\_\_ \$100 Category 4 Hurricane Full Page Ad (portrait format)

Make Checks Payable to: **PHUHS Swim and Dive Boosters**

Business Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Name of Athlete Sponsored: \_\_\_\_\_

**Sponsor Book Instructions:**

Please turn in form and ad money to team contact. All photos must be original and clip art needs to be grayscale or black & white. For best results please submit ads in pdf format via e-mail. Please e-mail ads to Ty Haughey at [tyhaughey@msn.com](mailto:tyhaughey@msn.com) by **September 1st.**



Announcing our PHUHS Season Kick-off  
**Ropes Course & Team Meeting**

Saturday, August 15th, 2020

9:00 am - Ropes Course

11:00 am - Parent Meeting

12:00 noon - Lunch

Where: Gills Family YMCA

Join us for this action-packed morning of grueling competition.

\*\*\*Swimmers & Divers wear your tennis shoes and bring a water bottle.

\*\*\*Parents bring your ID's, calendars & wallets\*\*\*

**We will be taking Orders for Swimwear & Team Outfitting  
 and registering our Parent Volunteers.**

**Mexican Fiesta Lunch will include a TACO BAR catered by Tijuana Flats**

- 9<sup>th</sup> & 10<sup>th</sup> grade - Bring a case of water, Gatorade 20oz (any flavor) OR lemonade
- 11<sup>th</sup> grade - Bring Dessert
- 12<sup>th</sup> grade - Bring Salad in a bowl (either fruit or garden/Caesar)

Directions to Gills Family YMCA -Trinity (8411 Photonics Drive) from PHUHS:

1. Turn RIGHT/N onto Omaha and then another RIGHT onto ALDERMAN RD.
2. Turn LEFT onto US-19 N.
3. Turn RIGHT onto E TARPON AVE. - Stay STRAIGHT to go onto KEYSTONE RD.
4. Turn LEFT onto E LAKE RD N/CR-611 N/CR-77 N. Continue to follow CR-77 N.
5. Stay STRAIGHT to go onto MITCHELL BLVD
6. Turn LEFT onto TRINITY OAKS BLVD
7. Turn RIGHT onto PHOTONICS DR and end at Gills Family YMCA.



Please RSVP to Coach by August 10<sup>th</sup> so we can get an accurate count

FAMILY NAME: \_\_\_\_\_

NUMBER OF SWIM/DIVERS FOR ROPES COURSE & LUNCH: \_\_\_\_\_ X \$25 = \_\_\_\_\_

NUMBER OF FAMILY MEMBERS FOR LUNCH: \_\_\_\_\_ X \$ 10 = \_\_\_\_\_

CASH OR CHECKS PAYABLE TO PHUHS SWIM/DIVE TEAM BOOSTERS TOTAL = \_\_\_\_\_



## James P. Gills Family YMCA Ropes Course Participant Information and Release Form

### Disclosure

The James P. Gills Family YMCA ropes course includes a variety of different components including: warm-up activities, games, group initiatives, high and low ropes course elements and other strenuous and physically challenging activities. While trained staff is always present and participation remains at all times a choice by each individual participant, there are still inherent risks that no amount of training and/or supervision can eliminate. The YMCA maintains high training and safety standards, yet there is a physical and emotional risk that must be assumed by each participant. The YMCA staff reserve the right to deny anyone participation in the ropes course.

### Release of Liability

I have read and understand the above disclosure statement. I also understand that parts of the James P. Gills Family YMCA ropes course may be physically and emotionally demanding. I affirm that I have no undisclosed physical or emotional limitations that would put myself or others at risk during my participation in any of the ropes course activities. I recognize the inherent risks of injury or disability in the YMCA's ropes course and I understand that each participant must assume the risk of injury that could result from any of these activities. Therefore, I understand and expressly acknowledge that I release the YMCA and its staff members from all liability for any injury, which results from the negligence of the YMCA, its staff, members and guests.

\_\_\_\_\_  
Name of Group

PHUHS SWIM & DIVE

\_\_\_\_\_  
Phone #

727-669-1131

\_\_\_\_\_  
Name of person in charge of group

Lisa Bitting

\_\_\_\_\_  
Signature of person in charge of group

\_\_\_\_\_  
Name of participant

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Signature of parent or guardian (if under 18)

OVER

## Medical History

Do you have any allergies? \_\_\_ Yes \_\_\_ No If yes, please be specific \_\_\_\_\_

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Do you have:	Yes	No
High blood pressure	_____	_____
Heart problems	_____	_____
Panic attacks	_____	_____
Dizzy or Fainting spells	_____	_____
Diabetes	_____	_____
Asthma	_____	_____
A fear of heights	_____	_____
History of back, knee or shoulder Problems	_____	_____

Please list any medications you are currently taking: \_\_\_\_\_

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Is there anything else we should know about your health? Be specific. \_\_\_\_\_

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Person to contact in case of an emergency \_\_\_\_\_ Phone \_\_\_\_\_  
Please print name

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent or guardian (if under 18)

\_\_\_\_\_  
Date

**E-mail Address:** \_\_\_\_\_