

# Please read all the enclosed information!

All athletic clearance paperwork will be submitted online, please see page 4 for links.

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 3<sup>rd</sup> @ 2:15pm.**

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

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

*Coach McCann ☺*

June 26, 2022

Dear Swimmers, Divers, and Parents,

Hi! Welcome to the 2022-2023 swimming and diving season. Time is flying by as we move through the summer and are getting prepared for a great fall season.

To be ready for the first day of practice, each athlete must complete the participation documentation required by the school. All school related paperwork should be completed online (see Eligibility Checklist on page 4). Any booster related paperwork can be brought to practice. 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 3rd.** At 2:15pm we will meet at the school Gym lobby to drop off any booster club related paperwork (all school forms should be completed online by this point). Booster related paperwork can be submitted early to Beverly Shanahan at [PHUSwimDiveBooster.com](http://PHUSwimDiveBooster.com). 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 day this week (Wed, Thurs, Fri). Please come to practice prepared for the heat. Being hydrated and a base level of physical fitness is expected and necessary.

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 coaches reserve the right to be flexible with the tryout standards (making them slower – not faster) based on the number of athletes that wish to participate. 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 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 Wednesday, August 3rd. The final team will be announced no later than the end of practice on Friday, August 12<sup>th</sup>. You may bring a printout from USA Swimming dated anytime after September 1, 2021 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 24<sup>th</sup>.

Lastly, we will have our **Parent/Booster Club meeting on Saturday, August 13<sup>th</sup> @ 10:00am** at the Palm Harbor YMCA. We will discuss the upcoming season, register volunteers, order team gear, etc. All swim/dive parents, please plan to attend.

I look forward to seeing everyone on August 3rd.

Sincerely,

Coach Tim McCann

# 2022 Swimming and Diving Team

## Event Schedule

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
Wed, 8/3	First Day of Practice	2:15 – 5:00pm	PHUHS Gym Lobby
Sat, 8/13	Parent Meeting	10 am	GPH YMCA Multipurpose Room
Fri, 8/19	Intersquad Meet	2 – 5 pm	GPH YMCA
Sat, 8/20	Team and Parent Social at the Park	11 am – ???	TBA
Wed, 8/24	<b>Home</b> vs. Seminole (Spirit Bag)	evening	GPH YMCA
Mon, 8/29	Team Pictures	2:15 – 3:30 pm	GPH YMCA
Wed, 8/31	<b>Home</b> vs. St. Pete	evening	GPH YMCA
Wed, 9/7	Away vs. Clearwater	evening	Clearwater HS
Tues, 9/13	Away vs. Osceola	evening	Seminole Pool
Fri, 9/16	PCAC Diving Championships	afternoon	Southwest Rec Center
Sat, 9/17	PCAC Swimming Championships	prelims/finals	
Wed, 9/21	<b>Home</b> vs. Countryside (Spirit Bag)	evening	GPH YMCA
Wed, 9/28	<b>Home</b> vs. Largo	evening	GPH YMCA
Sat, 10/1	Team Dinner (athletes)	5 pm	McEwan's Home
Wed, 10/5	<b>Home</b> vs. Eastlake (Spirit Bag& Sr. Night)	evening	GPH YMCA
Wed, 10/12	Eagle Invite- Swimming & Diving	9 am start	Northshore Pool
Sat,10/22	Districts Swim/Dive Championships	3 pm warmup	Long Center - Swim TBA – Dive
Fri, 10/28	Region Swim/Dive Championships	3 pm warmup	Long Center – Swim TBA – Dive
Sat, 11/5	State Swim/Dive Championships	Prelims/Finals	Stuart, FL
Fri, 11/18	Banquet	6:30 pm	Crescent Oaks Golf Club

\*\* - For dual meets – diving competition begins at 6:15 pm and swimming competition at 7 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:

The following 3 items must be completed online before an athlete can attend any practice...

**Here's the link to athletic clearance directions:**

<https://www.pcsb.org/Domain/12709>

**Student Insurance link:**

<https://www.pcsb.org/studentaccidentinsurance>

**Link to Required Courses & Certificates (Concussion, Heat Related Illness, Sudden Cardiac Arrest):**

<https://nfhslearn.com/>

## TEAM/BOOSTER FORMS & ATTACHMENTS

Membership \_\_\_\_\_ Booster Dues \$50/student

Fundraising \_\_\_\_\_ Minimum \$75/student

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

Swim Times \_\_\_\_\_ (USA swimming times) \*See coach for more information\*

## Swimming Time Standards

In order to make the 2022 team you must make the following five qualifying times (or the two listed for JV Girls)

	<u>JV Girls</u> 9,10 Grade Only	<u>Varsity Girls</u> 11,12 Grade	<u>JV Plus Girls</u> 9,10 Grade	<u>Varsity</u> <u>Boys</u> 9 thru 12 Grade
100 Free	N/A	1:18.00	1:08.00	1:15.00
100 Back	N/A	1:30.00	1:19.00	1:30.00
100 Breast	N/A	1:45.00	1:32.00	1:38.00
500 Free	9:00.00	8:00.00	6:45.00	7:30.00
200 IM	4:00.00	3:45.00	3:00.00	3:30.00

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

50 Free	N/A	35.00	32.00	30.00
200 Free	N/A	2:45.00	2:20.00	2:30.00
100 Fly	N/A	1:30.00	1:20.00	1:25.00

## Dryland Standards

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

## PHU SWIM & DIVE FUNDRAISING 2022

Fundraising is a very important part of any 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:

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, end of season banquet, etc.

The fundraising plan is outlined below. This can be completed over the summer and is **due no later than August 22**. However, ***if paid by August 13*** (parent meeting) your swimmer/diver will receive a free team t-shirt.

Booster Club Dues      \$50 per athlete

Team Sponsorships    \$75 per athlete

For example: A family with **one athlete** would pay a minimum of **\$125** for fundraising, a **two athlete** family would pay a minimum of **\$250**, etc.

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 receive a copy of the Sponsor book. Below are the funding levels for the Sponsor book:

**(Preferred Format for ads: PDF)**

\$25      Category 1 Hurricane    Business card ad

\$50      Category 2 Hurricane    ¼ page ad (landscape format)

\$75      Category 3 Hurricane    ½ page ad (landscape format)

\$125     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 22** (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 \$125 Category 4 Level we encourage them to do so!

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

**\*\*NOTE\*\* Each swimmer that meets the fundraising requirements (family booster dues and sponsorship) by the Parent Meeting (8/13/2022) will receive a FREE team shirt!**



**2022 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 @ \$50/athlete # \_\_\_\_\_ \$ \_\_\_\_\_

Business Card Ad @ \$25/each # \_\_\_\_\_ \$ \_\_\_\_\_

¼ page ad @ \$50/each # \_\_\_\_\_ \$ \_\_\_\_\_

½ page ad @ \$75/each # \_\_\_\_\_ \$ \_\_\_\_\_

Full page ad @ \$125/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 [PHUSwimDiveBooster@gmail.com](mailto:PHUSwimDiveBooster@gmail.com) by **September 2nd.**



**2022 Business Team Sponsorship Form  
Palm Harbor University High School Swim and Dive Boosters**

Thank you for sponsoring the PHUHS Swim and Dive Team. All money helps support the swimmers and divers.  
**We appreciate your sponsorship!**

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

\_\_\_\_\_ \$25 Category 1 Hurricane Business Card sized Ad

\_\_\_\_\_ \$50 Category 2 Hurricane ¼ Page Ad (landscape format)

\_\_\_\_\_ \$75 Category 3 Hurricane ½ Page Ad (landscape format)

\_\_\_\_\_ \$125 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 [PHUSwimDiveBooster@gmail.com](mailto:PHUSwimDiveBooster@gmail.com) by **September 2nd.**





## Welcome to the 2022 Swim & Dive Season!

The PHU Swimming & Diving Booster Club welcomes everyone trying out for the 2022 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 \$125 (\$50 for Booster per athlete & \$75 in ad money for our annual Sponsor Book per swimmer/diver). **Funds are due by August 22nd.** Athletes that meet the fundraising requirement by **August 13th** will receive a free 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 + Districts/Regionals meet 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 would like all athletes to attend our Teambuilding Activity & Team Meeting. There will be a meeting for parents as well where there will be an opportunity to meet the team's coaches and Booster Club board members, purchase apparel and for information on volunteering.

It is strongly recommended that each swimmer/diver purchase the PHU team polo shirt, swimsuit and swim cap. Apparel can be purchased and orders for the team suit can be placed at the parent meeting.

At the end of the season we enjoy an amazing banquet. The cost of this banquet is free to each swimmer/diver that has 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 3rd-9th. This commitment letter needs to be signed prior to swim and dive try outs.** You can email the form to [PHUSwimDiveBooster.com](mailto:PHUSwimDiveBooster.com) or hand delivery it.

We look forward to seeing you on deck!

Beverly Shanahan, President 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) \_\_\_\_\_ STUDENT \_\_\_\_\_