

# OFHS Swim and Dive

Head Coach  
Karen Smalley  
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## Why join the team?

- Swimming is a fantastic, low impact sport that your athlete will be able to do the rest of their life.
- It looks great on college application since they know swimming/diving require dedication and commitment
- Will get to meet many new people at the school before school even starts.

## Practice Information:

- Monday-Friday, 4-6pm (swimming), divers please see Coach Smalley for practice details
- Pool located on 86<sup>th</sup> Ave. N. (next door to Seminole Middle School)
- First day of practice is usually the first Monday in August.
- Club swimmers/divers may continue to practice with their club teams during the season

## FAQ:

- No experience needed but recommended you should be able to swim 25 yards of each stroke and 100 yards of freestyle.
- Lanes are split by ability and we will work with you.
- We have Junior Varsity Girls, Varsity Girls, and Varsity Boys
- Athletes are responsible for transportation to and from practices and meets.

## Can I swim/dive now?

- West Florida Aquatic Team (WFLA) at Southwest Rec Center in Largo – swim/dive (year-round)
  - WFLA summer league starts when school gets out (coached by an OFHS swim alumni)
  - WFLA high school conditioning clinics during the summer
  - High school swim clinics – please see reverse side for info.
  - <https://www.gomotionapp.com/team/flwfla/page/home>
- Bluetide Aquatic Team (BAT) at Seminole High School pool (along 86<sup>th</sup> next to the middle school) – swim (starts in April)
  - [www.batswim.com](http://www.batswim.com)
- West Coast Aquatics (WCA) – St. Pete Beach Rec (swim) (year-round)
  - <https://www.gomotionapp.com/team/flfwca/page/home>
- St. Pete Aquatic Team (SPA) at Northshore Pool/Walter Fuller in St. Pete – swim (year-round)
  - SPA Summer League – city of St Pete pools(starts when school gets out)
  - <https://www.gomotionapp.com/team/flstpa/page/home>
- Clearwater Aquatic Team (CAT) at Long Center – swim (year-round)
  - <https://www.gomotionapp.com/team/cwat/page/home>

**Scan our QR-code and fill out the 'Information Form' to receive info**



**ATTENTION HIGH SCHOOL SWIMMERS!!**

GET YOUR STROKES DOWN BEFORE THE HIGH SCHOOL SEASON STARTS!! SIGN UP FOR 1 WEEK STROKE CLINICS

- WEEK 1 (JUNE 17-20 M-TH) PERFECT YOUR FREESTYLE AND FREESTYLE TURNS 5-7 P.M.
- WEEK 2 (JUNE 24-27 M-TH) PERFECT YOUR BACKSTROKE AND BACKSTROKE TURNS 5-7 P.M.
- WEEK 3 (JULY 1-5 M,T,W, F) NO 4TH PERFECT YOUR BREASTSTROKE AND BREASTSTROKE SKILLS 5-7 P.M.
- WEEK 4 (JULY 8-11 M-TH) PERFECT YOUR BUTTERFLY AND BUTTERFLY SKILLS 5-7 P.M.

CLINICS WILL BE RUN BY WFLA COACHES AND WILL FOCUS ON PREPARING SWIMMERS TO LEARN AND PERFECT SKILLS FOR HIGH SCHOOL SWIM SEASON.

EACH CLINIC WILL BE \$80 FOR THE WEEK WITH PAYMENT MADE OUT TO WFLA.

TO REGISTER, PLEASE FILL OUT FORM ON BOTTOM OF FORM AND DROP AT SOUTHWEST REC. TO A COACH ON DECK MONDAY THROUGH FRIDAY BETWEEN 3-6 P.M.

FOR MORE INFORMATION PLEASE EMAIL: [zookeeper5721@gmail.com](mailto:zookeeper5721@gmail.com)

Name \_\_\_\_\_ High School \_\_\_\_\_ Age \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Circle Week(s) Attending : Week 1 Week 2 Week 3 Week 4

Attach Payment \$80/week to WFLA and turn in at Southwest Rec. Pool between 3-6 p.m. M-F to a Coach on deck.