

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 really good 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 86th 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.

pCan I swim/dive now?

- 🏊 Bluetide Aquatic Team (BAT) at Seminole High School pool (along 86th next to the middle school) – swim (starts in April)
- 🏊 West Florida Aquatic Team (WFLA) at Southwest Rec Center in Largo – swim/dive (year-round)
- 🏊 Radiant Aquatics (RAD): Clearwater HS (year-round)
- 🏊 Dragon Aquatics: Northeast HS (year-round)
- 🏊 Clearwater Aquatic Team (CAT) at Long Center – swim (year-round)
- 🏊 West Coast Aquatics (WCA) – St. Pete Beach Rec (swim) (year-round)
- 🏊 TBAC – Countryside and Clearwater areas (year-round)
- 🏊 St. Pete Aquatic Team (SPA) at Northshore Pool/Walter Fuller in St. Pete – swim/dive (year-round)
- 🏊 SPA Summer League – city of St Pete pools (check with city of St Pete for details) (starts when school gets out)
- 🏊 Palm Harbor YMCA (PYP) at Palm Harbor YMCA in Palm Harbor – swim only (year-round)

Scan our QR-code and fill out the 'Information Form'

