

**COLLINS HILL HIGH SCHOOL SWIMMING AND DIVING 2018-2019  
PRE-SEASON INFORMATION**

[www.collinshillswimdive.com](http://www.collinshillswimdive.com)

**Coaching Staff:**

**CO-Head Swimming Coach:**

Jennifer Weaver (Room 3.117)  
Jennifer\_Weaver@gwinnett.k12.ga.us

**CO-Head Swimming Coach:**

Paul Callis (Room 2.018)  
Paul\_Callis@gwinnett.k12.ga.us

**Head Diving Coach:**

Christy Paul  
pauls0223@yahoo.com

**Important:**

**Booster Club Meeting and Swim/Dive Registration  
Tuesday Sept.18<sup>th</sup> @6:00pm Commons Area**

Please Register Online at [www.collinshillswimdive.com](http://www.collinshillswimdive.com)  
**BEFORE** you attend registration

**Registration Cost: \$425 + Suit Cost**

\$50 (estimate) Female Suit

\$30 (estimate) Male Suit

Accepted forms of payment:

1. Make checks out to CHHSSDBC
2. Major Credit Card + card processing fees.

- You are required to have a team swimsuit
- Registration includes team t-shirt, sweat suit (new to swim& dive only)
- 1 swim cap or dive shammy
- Other spirit wear will be available to purchase at registration

**Physicals & Insurance:** Before any student athlete is permitted to participate in swimming and diving the parent representative must submit a Physical AND a signed "Waiver of Insurance" form. The insurance form is found on the last page of the physical form.

**School Physical September TBA @2:30p.m. Field House, \$15  
Due October 12<sup>th</sup> Please turn into Coach Callis (2.018)**

**Academic Eligibility:** The state rule states the student must be enrolled in at least (5) courses per semester and have passed at least (5) courses the previous semester, as well as being on track to graduate, in order to be eligible to participate in any sports or extra-curricular activity sponsored by the high school. Swimming and diving are doubly affected because the season occurs during both semesters.

**Questions:** Email Anne Torrez ([anne@chemrite.com](mailto:anne@chemrite.com)) about registration  
Email Coaches Jennifer Weaver & Paul Callis (swim) Christy Paul (dive)

**Follow us:** online at [www.collinshillswimdive.com](http://www.collinshillswimdive.com) & on Twitter @CHHS\_SWIM



**Diving Practice Schedule:**

Monday & Wednesdays:  
6:30p.m.-9:00p.m.

Friday's:  
Additional Practices TBA

Dry-land training: bring tennis shoes,  
shorts and t-shirts to all practices

**Swimming Practice Schedule :**

\*Monday 2:30 – 5:30p.m.  
Tuesday 2:30 – 4:15 p.m.  
\*Wednesday 2:30-5:30p.m.  
Thursday 2:30-4:15 p.m.  
Friday 2:30 – 4:15 p.m.

\*Bring your running shoes  
(not having the proper equipment = missed practice)

Morning Practices start October 30<sup>th</sup>  
Tuesday & Thursday 5:15am – 6:30am

**Special Dates:**

First Day of Practice\*\*  
Try-Outs  
Team Meeting  
Team Bonding

October 15<sup>th</sup>  
October 19<sup>th</sup>  
October 23<sup>rd</sup> @ 6:00p.m.  
November 10<sup>th</sup> and 11<sup>th</sup>

\*\*If you are participating in a fall sport please see Coach Weaver/Callis and let them know when you will be released from your fall sport. Participants in fall sports will be excused from swim/dive practices until the release date. It is your responsibility to stay in good communication with Coach Weaver/Callis. E-mail is a great way to communicate.

**Try-outs for Swimming: Friday, October 19<sup>th</sup> @ 6:30p.m.**

If you are unable to attend due to an **excused** school related activity please see Coach Weaver/Callis. The swim team will be posted on Saturday October 20th by 5:00p.m.

Below are the time standards for the 2018-19 Collins Hill Swim Team. We have set these standards due to the large number of swimmers that historically express an interest in swimming at Collins Hill. We train in just six-lanes, so space is limited. Meeting the time standards below does not guarantee that you will make the team; however it will be a major factor. Depending on the number of participants at tryouts we may keep swimmers that perform slower than the time standards. You do not need to meet the standard in every event in order to make the team as will take into consideration a swimmers dominant stroke and/or event. Other considerations include: your grade level, your potential to qualify for county meet and your willingness to train effectively. We typically swim around 3500-5000 yards in a 90 minute workout.

<b><u>Boys</u></b>	<b><u>Events at Time Trials</u></b>	<b><u>Girls</u></b>
28.50 (county cut 26.0)	50 FREE	32.00(county cut 29.5)
35.00	50 BACK	39.00
39.00	50 BREAST	43.00
35.00	50 FLY	39.00
1:07.00 (county cut 59.0)	100 FREE	1:14.00 (county cut 1:06.0)