

**COLLINS HILL HIGH SCHOOL SWIMMING AND DIVING 2019-2020
PRE-SEASON INFORMATION**

www.collinshillswimdive.com

Head Swim & Dive Coach	Jennifer Weaver (Room 3.117)	Jennifer_Weaver@gwinnett.k12.ga.us
Head Dive Coach	Charles Daab (at North)	Charles_Daab@gwinnett.k12.ga.us
Asst. Swim & Dive Coach	Sara Partee (Room 3.116)	Sara_Partee@gwinnett.k12.ga.us
Asst. Swim & Dive Coach	Cody Bekemeyer	McBekemeyer@gmail.com

Important:

**Booster Club Meeting and Swim/Dive Registration
Tuesday Sept.12th @ 6:00pm Commons Area**

Please Register Online at www.collinshillswimdive.com
BEFORE you attend registration

Registration Cost: \$450 + Suit Cost (\$400 + suit for second swimmer/diver)

\$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.
3. Paypal will be available at registration

- You are required to have a team swimsuit
- Registration includes team t-shirt, warm up (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 & 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.

Important:

****IMPORTANT YOUR PHYSICAL
MUST BE ON THE COLLINS HILL PHYSICAL FORM...PICK ONE UP
IN THE MAIN OFFICE
Due October 14th Please turn into
Coach Partee (3.116) or Coach Weaver (3.117)**

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. You must pass 5 out of your 6 classes Fall 2019 in order to remain eligible, if you become ineligible no refunds will be issued.

Questions: Email Anne Torrez (anne@chemrite.com) about registration

Follow us: online at 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 First Week :

Monday 2:30 – 4:00p.m.
Tuesday 2:30 – 4:00 p.m.
Wednesday 2:30 - 4:00 p.m.
Thursday 2:30 - 4:00 p.m.
Friday 2:30 – 4:00 p.m.

Schedule will change starting 10/21
schedule will be posted on our website monthly

Morning Practices start October 29th
Tuesday & Thursday 5:15am – 6:30am

Special Dates:

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

October 14th
October 19th @ 7:30 a.m.
October 22nd @ 7:00p.m.
Tentative 10/26-10/27

**If you are participating in a fall sport please see Weaver/Partee 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 Weaver/Partee. E-mail is a great way to communicate.

Try-outs for Swimming: Saturday, October 19th @ 7:30 a.m. - 10:30 a.m.

If you are unable to attend due to an **excused** school related activity please see Coach Weaver/Partee. The swim team will be posted on Saturday October 19th by 5:00p.m. @ CHAC

Below are the time standards for the 2019-20 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 we will take into consideration a swimmer's 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.

Boys	Events at Time Trials	Girls
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)