



Thank you for your interest in the DRHS Swim and Dive Team. Below you will find information to help you get started with the team.

### **Registration:**

All athletes **MUST** register at [RegisterMyAthlete.com/schools/](http://RegisterMyAthlete.com/schools/). Choose Arizona, then Desert Ridge High. If you do not have an account, you will need to create one with a user name and password. You need to complete all steps, except submitting the fee. The fee can be paid after the athlete has been told they have made the team. Registration will open on **June 2nd and must be completed by July 20th**. Athletes that have not completed the registration process will **not** be allowed to practice with the team. If you are unable to scan and upload the necessary documents, you can take them to the Athletic Office at Desert Ridge. All athletes will need a physical and **must** use the AIA Annual Preparticipation Physical Evaluation form (found on the website). Sports physicals must be done after March 1, 2018, to count for fall sports. Physicals will be offered at DRHS on April 28th for \$25.

### **Fees:**

To participate in swim or dive there is a \$100 fee payable to Gilbert Public Schools. The fee is due by August 17th. This fee can be paid for with the ECA Tax Credit. Donations to the team can be made using the tax credit as well.

All athletes must purchase a team suit. Last year there were 2 options for female suits, both were around \$61. A male jammer was about \$50, and a brief was \$41. We expect the suits to be about the same price for 2018. Swimmers will be given one team cap. All athletes must wear their team suit for the meets, and swimmers must wear the team cap. Additional caps can be purchased.

### **Equipment:**

All team members will need a practice suit. Swimmers will need goggles, and female swimmers will need a swim cap. Swimmers may also need kickboards, pull buoys, and fins. (The team has a limited supply of these items available for the athletes to use). All athletes should have plenty of water for practices.

### **Practices:**

**DIVE** – Practices will begin on Monday, August 6, 2018, at Skyline Aquatic Center (our home pool).

Practices are held Monday through Friday mornings, from 5:00 – 6:15 am.

Once meets begin, practices will be Monday through Wednesday mornings and will vary on Fridays.

*All divers will need their own transportation to and from Skyline.*

**SWIM** – Practices will begin on Monday, August 6, 2018, at Skyline Pool.

Practices will be held Monday through Friday from 3:00pm – 5:15ish. Saturday practices will be in the morning (time to be determined).

**Practices will be held during Fall Break. These practices are MANDATORY.**

Transportation to Skyline Pool is available to swimmers Monday through Friday. A bus will pick up the athletes after school at 2:35pm, on the south side of the school near the auditorium, and transport them to the pool. *All swimmers must have their own transportation home from weekday practices. They will also need to provide their own transportation to and from the pool on Saturday mornings.* \*\*Club swimmers are allowed to swim with their club team on weekday mornings. Swimmers **must** practice with the DRHS team for all afternoon and Saturday practices.\*\*

### **Meets:**

**Dual Meets** - Both swim and dive participate in the Dual Meets. Meets are usually held on Thursday afternoons at 4pm. Home meets will be at Skyline Pool. **\*\*We will need volunteers to run our home meets.\*\*** Transportation is provided to home meets. For away meets, all athletes must ride the bus to the meets, and transportation is provided back to DRHS. Athletes are not required to ride back to the school, but they must sign out with their coach if they are not riding the bus back to DRHS.

**Invitationals** – Not all athletes will be competing at the Invitationals.

For dive, these meets may be held on a weekday or Saturday. A diver's score from an Invitational is used to determine whether an athlete has qualified for the State Dive Meet. Divers must provide their own transportation to the Invitationals.

For swim, the meets are held on Saturdays. Times achieved at the Invitationals are used to determine whether an athlete has qualified for the State Swim Meet. All athletes swimming at the Invitationals are required to ride the bus to the meet.

### **Varsity Team:**

**SWIM** – To qualify for the Varsity swim team an athlete must achieve two Varsity times. The 2018 Varsity Times will be posted on the team website.

**DIVE** – To qualify for the Varsity dive team an athlete must compete at an Invitational during the season.

### **Pasta Parties and Team Bonding:**

The night before the dual meets the entire team gets together at a senior athlete's home for a pasta party. Each grade level is assigned a dish to bring.

Team captains will try to organize various activities throughout the season for the team to get together.

### **Additional Information:**

**To receive text information and updates from the swim coaches please join Remind. Text @drhsswim to 81010.** If you have questions for the swim coaches, this is the best way to communicate with them.

**To receive text information and updates from the dive coach text @drhsdi to 81010.**

The team website is *drhsjaguars.com* - choose Fall Sports, then Varsity under Coed Swimming.

The email address for the Boosters is *drhsswimdive@gmail.com*.

Visit us on social media: Facebook – <https://www.facebook.com/groups/DRHSSWIMDIVE>,

Instagram – Drhsswimdive and Twitter - @DRHSSWIMDIVE

### Important Dates:

- **April 14<sup>th</sup>** – Goodwill Drive to benefit the swim and dive team. 8-10am at DRHS. \*\*Volunteers are needed to help unload donations.\*\*
- **April 28<sup>th</sup>** – Sports physicals at DRHS.
- **May 2<sup>nd</sup>** – (Tentative date) Little Caesars fundraiser – Signal Butte and Southern – all day, no flyer needed.
- **August 6<sup>th</sup>** – Practice begins for both swim and dive.
- **August 13<sup>th</sup> – 16<sup>th</sup>** – Swim team tryouts/time trials. \*\*Volunteers needed.\*\*
- **August 17<sup>th</sup>** – Mandatory parent meeting at Skyline Pool, 5:30pm.
- **August 25<sup>th</sup>** – Swim-a-thon fundraiser during practice.

The first dual meet of the season should be at the end of August. Once the schedule is received, it will be posted to the website.

If an athlete is not currently swimming with a club team, the coaches would strongly suggest they start as soon as possible. If club swimming is not an option, the athletes should participate in a summer program with the City of Mesa, or the Town of Gilbert.