

## SHS Swim & Dive Team 2023-24 Season Information

1. **Summer Practices:** SHS pool 4:30-6pm Monday, Wednesday, Thursday starting July 10
2. **Season Practice Schedule: for Swim AND Dive**
  - a. 1st day of practice: Monday, August 7, 2023
  - b. Monday, Thursday, Friday 6-7:45am
  - c. Tuesday, Wednesday: 3:45-4:45 swim, 4:45-5:30 pm drylands
3. **Time trials** (50 of each stroke +100 Free): 2-3 weeks into season. This is NOT for cuts
4. **Meet Schedule**
  - a. Tuesdays, Thursdays & a few Saturdays in September after school: 7 dual meets
  - b. FSPA Invitational in Orlando on Sept. 30 for qualifying swimmers & divers (time cuts)
  - c. Cape Coast Conference, Districts, Regionals in October: All Dates TBD
  - d. States in November (Date & Location TBD)
5. **Athletic Forms:** Go to Satellite HS Athletic Page for instructions
  - a. Click on 2023-24 SHS Athletic Packet Link: all directions & links are here
  - b. Take EL2 form(updated 2023) to Doctor for physical, then upload
  - c. Upload forms & complete info to [Athleticclearance.com](https://Athleticclearance.com) BEFORE you start first practice in July
6. **Communication**
  - a. Remind 101: TEXT @32ckhf to 81010 to join
7. **Questions?** Email Coach Velez at [Velez.Morgan@Brevardschools.org](mailto:Velez.Morgan@Brevardschools.org)

**STING EM SCORPS!!!**