

2024-2025 Season Information

For both swimming and diving, the first week of practice will be an evaluation/trial period. We do not want this to discourage people from being on the team, but we need to ensure that safety is our number one priority.

For swimming, I will need **ALL NEW** swimmers (including NEW club swimmers) to come to the first practice on 10/30. (**Returning swimmers will practice also!**). I will email a list of who I need to see swim.

For diving, they want everyone that is signed up to come to the first two practices and try it out. By the end of the week or second practice, a decision needs to be made. I will email the divers and make sure you are still interested. **I will have to give them a final list**

Dragonfly must be complete before the start of our season.

Expectations

Diving expectations:

- Divers practice 2 times a week for 2 hours.
- Meets are usually a couple Saturdays a month.
- Attendance is mandatory since there are so few practices week, I will ask the dive coach to keep me updated.
- Practices are Tuesdays and Thursday from 6-8pm.
- Meets and practices are held at HFFA (11725 Verhoeff Dr, Huntersville, NC 28078)

Club swimmers:

- Club swimmers are expected to attend all of the practices offered at their club.
- You must be swimming at least 4 days a week.
- If not, you need to come to our practices at Providence High School.

****Club swimmers are ALWAYS welcome to come to Coach Mark, Coach Sarah and Coach Nicholls' practices!****

Swimmers practicing with Coach Mark, Coach Sarah and Coach Nicholls:

- Practices will be at Providence HS
- 100 % attendance - practices will be Monday - Thursday.
- Weights/lifting after school - Fridays
- ****Weights on Fridays is open to SWIMMERS & DIVERS****

Apparel and Swim Suits

Apparel :

- 1. The online school site has 3 products available: CC word outline design available in red hoodie or crew + Heavyweight quarter zip in red, white, or blue with CC and Swim & Dive underneath on left chest.
<https://www.charlottecatholic.org/online-store#!/Spirit-Store/c/170707247>
- 2. This online spirit store has 2 products available: Lightweight quarter zip in red, white, or blue with CC logo and Swim & Dive underneath left chest + Varsity Swim & Dive hoodies. These items are produced on demand so will arrive as ready.
<https://www.cchsspiritstore.com/s/shop>
- 3. This Fan Gear store is hosted by our authorized vendor partner. There are multiple options for Swim & Dive. New design and products. Items from this store are produced on demand and are shipped directly to the recipient (shipping is required).
<https://cchsathleticsshop2425.availstores.com/c/swim-and-dive>

Suits:

- **SWIMSUIT FITTING - after school on October 16 in the cafeteria**

- Arena suits
- They are the same suit that we had last year.
- They run SMALL!!! They do not fit like a typical Speedo suit.
- **Flyer for swimsuits is attached.**
- The vendor will be there to help you find the appropriate size.
- There are two options - a suit that is typically worn by most competitive swimmers (covers what needs to be covered) and a more conservative option.
- ALL sales are final!

Fees:

- Athletic participation fee: \$150
- Swim & Dive team fee: \$150
- Suit/gear: around \$100

2024-2025 General Information

Swim & Dive team:

- Our season runs from the end of October to the second week in February.
- First day of practice is October 30.
- First swim meet will be the week of November 11th.
- We will have 5-6 swim meets total.
- We are a varsity sport, we do not have a JV.
- You will either earn a varsity letter or not. (You must score a point at a meet)
- Everyone on the roster will swim at ALL swim meets.
- You are allowed to swim 2 events per meet + potential of being on a relay (2 max relays per swimmer).
- Swim meets are held at the Providence HS pool on weekdays.
- Swim meets start at 6pm with warm-ups starting at 5:30pm
- Dive practices are held at HFFA (11725 Verhoeff Dr, Huntersville, NC 28078)
- Dive meets are held on Saturdays.

How to earn a Varsity Letter:

-You must score 1 point at a meet.

To score in a meet:

- You must be in the first heat to score (dual meet, two teams) or first and second heat (tri meet, 2+ teams) to be designated to score.
- The computer places swimmers where they need to go based on times.

Swimmers that practice with Coach Mark, Coach Sarah and Coach Nicholls at Providence HS.

- 5:30-6:45 PM on no meet days.
- We have 5 teams that use the PHS pool. On days that there are meets, our practice will be early so that we are out of the pool by 5:20pm.
- Transportation is not provided for practices or for meets.

SCHEDULES:

Swim Meet Schedule (All meets at Providence HS except for Conference, Regionals and States):

- Swimmers need to be at the pool by 5:00pm
- Meet starts at 6:00pm
- 11.12 - Catholic vs Butler vs Garinger (HOME team)
- 11.19 - Catholic vs Providence
- 12.3 - Catholic vs Indy (HOME team)
- 12.10 - Catholic vs East Meck vs Garinger
- 1.8 - Catholic vs Ardrey Kell (HOME team)
- 1.13 - Conference (MCAC)
- 2.1 - Regionals (PM, MCAC)
- 2.6 - States (TAC, Cary)

Dive Meet Schedule (All meets at HFFA except for States):

- Times will be sent out the week of the meet.
- 11.23 - Required Dive Forward
- 12.7 - Required Dive Back
- 12.21 - Winter Invitational - optional meet, additional fee required.
- 1.18 - Required Dive Reverse
- 1.25 - Conference - Required Dive Twist (HFFA)
- 1.31 - Regionals - 11 Dive List (AM, HFFA)
- 2.5 - States (Pullen Park)

Championship Season (Conference, Regionals, States)

Championship Season:

- 1.13 - Conference SWIM meet (MCAC)
- 1.25 - Conference DIVE meet (HFFA)
- 1.31 - REGIONALS - Diving (AM, HFFA)
- 2.1 - REGIONALS - Swimming (PM, MCAC)
- 2.5-2.6 - STATES - Diving (5th, Pullen Park), Swimming (6th, TAC)

Conference:

- Top 4 designated to score in each event.
- We are allowed to enter extra swimmers in 50 free and 100s of stroke as exhibition.

Regionals:

- I will enter our top 4 times/athletes in each event.
- Just because 4 are entered, we may not get all 4 into the meet.
- NCHSAA compiles a psych sheet of the top 24 from each event from our region (there 28 schools in our region).
- 1 could make it or all 4 could make it.
- They take all automatics and then fill in with consideration times.
- Not everyone entered gets into the meet.
- Top 6 from each event move on to states.
- Next 6 from the 3 regionals combined move onto states.
- That gives 24 total in each event for the State meet.