

2026 DHS Swim and Dive Team

DOUGLAS HIGH SCHOOL MISSION STATEMENT

Douglas High School students will have opportunities to achieve their potential and to graduate as competent, life-long learners who will continue to grow as productive citizens.

Start dates:

Pre-Season Practice: January 22nd – February 12th

First official day is Saturday, February 14th

What to bring to practice:

Girls must have a one piece competitive suit or a two piece training suit, cap, and goggles. Boys must have a suit (trunks are fine but are hard to train in, jammer or brief preferred) and goggles. I also recommend water bottles and towels. For scheduled dry land practices (TBD), bring dry land clothes (t-shirts and shorts/tights) and running shoes to train in (bring warmer clothes on cooler days). We recommend the Speedo Vanquisher 2.0 goggles. The Pool and Big 5 carries goggles. Everything can be bought from our online stores.

Practice times:

Indoor January 22nd - until opening of outdoor pool (approximately mid March):

- Swim: Tuesday-Thursday 6:00pm - 7:30pm (M-Th after 2/14)
- Dive: Monday-Thursday 5:30pm - 7:30pm (*see coach for exact schedule)
- ALL TEAM: Saturday 6:30am-7:30am (February 14th other times TBD) Potluck / Team Meeting to follow.

Outdoor Pool mid March-May:

- Swim: Monday through Thursday 2:30-4:00pm
- Dive: Monday-Thursday 5:30pm - 7:30pm (*see coach for exact schedule)

*Dive start times may delay by 20-30 mins due to Water Aerobics class Tuesdays and Thursdays

Parents, if you want to watch swim practices, please watch only from the area behind the blue line outside or the mezzanine if the practice is inside. Please refrain from interacting with your athlete or the coach except for before or after practices.

Make up practices:

Can be arranged with Coach Greg

Locker Rooms:

While you are in the locker rooms, before and after swim practice, your conduct is to be respectful of other swim team members, yourself, and the general public. No foul language, derogatory language, or horseplay will be allowed. Showers should be kept to a reasonable length as we are not the only patrons of the swim center. All belongings must be brought out to the pool deck, no exceptions. Please shower before entering the pool.

2026 Swim Meets

Location	Day/Date	Time Estimate	Opponent/Event
	February 16-20		DHS WINTER BREAK
Home	Saturday February 28th	Warm up 3:30pm Start 4:30pm Finish 8:30pm	Manogue Carson
Moana Springs	Saturday March 7th	Leave 2:15pm Warm up 4:00pm Start 5:00pm Finish 9:00pm	N Valleys
Northwest	Friday March 13th	Leave 11:45am Warm up 1:30pm Start 2:30pm Finish 8:00pm	Aqua 5
Moana Springs	Saturday March 21st	Leave 2:15pm Warm up 4:00pm Start 5:00pm Finish 9:00pm	Reno Reed Galena
Home	Saturday March 28th	Warm up 3:30pm Start 4:30pm Finish 8:30pm	Was Carson, now just a “Times” Meet
BYE	April 3-4	BYE WEEK	BYE WEEK
Home	Saturday April 11th	Warm up 3:30pm Start 4:30pm Finish 8:30pm	Damonte Hug PROM
Home	Friday April 17th	Warm up 3:30pm Start 4:30pm Finish 8:30pm	Spanish Springs
BYE	April 24-25	BYE WEEK	BYE WEEK Spring Break 4/20-24
Home	Friday May 1st	Warm up 2:30pm Start 3:30pm Finish 7:30pm	McQueen Senior Meet*
Home	Tuesday May 5th	Warm up 2:00pm Start 3:00pm Finish 5:00pm	JV Meet
Moana	Fri May 8th	TBA	Regional Prelims
Moana	Sat May 9th	TBA	Regional Finals

Las Vegas	May 14-17	TBA	State Meet
-----------	-----------	-----	------------

*Last Home Meet for our Seniors so we have a recognition ceremony for them during the Dive Break

Dual meet event schedule:

Women's event #	Men's event number #	Events
1	2	200 Medley Relay
3	4	200 Freestyle
5	6	200 IM
7	8	50 Freestyle
9	10	100 Fly
11	12	Diving break 10 min
13	14	100 Free
15	16	500 Free
17	18	200 Freestyle Relay
19	20	100 Backstroke
21	22	100 Breaststroke
23	24	400 Freestyle Relay

Dual / Tri meets:

The Monday prior to each meet, swimmers will have an opportunity to sign up for individual events for the upcoming meet. The swimmers are not guaranteed these events. Swimmers are allowed to swim 2 individual events and 2 relays. Teams cannot exceed 5 swimmers in each individual event, except 50 and 100 freestyle which are unlimited. Relays are limited to 3 teams in the 200 FR and the 200 MR and 2 teams for the 400 FR and are determined by the coaches.

Aqua 5

This meet is a pentathlon; each swimmer swims 100 Fly, 100 BK, 100 BR, 100FR, and 50 FR. There is a new "Sprint" flight as well with 50's of each event (but those don't qualify for Regionals).



Regionals:

Regionals are a qualifying meet. Swimmers must qualify in at least one event and swim in at least 4 meets. Each team is allowed 4 swimmers in each individual event and one relay per event. Coach will choose the fastest 4 swimmers in each event to compete. **2026** Qualifying times are below:

Northern Nevada High School Swimming 2026 Regional Meet Qualifying Times for the Class 5A

Girls Time	Event	Boys Time
32.39	50 Free	30.49
1:14.19	100 Free	1:08.69
2:44.09	200 Free	2:44.99
7:49.49	500 Free	8:25.89
1:27.59	100 Back	1:27.09
1:39.59	100 Breast	1:34.29
1:31.29	100 Fly	1:32.39
3:06.79	200 I.M.	3:20.29

What to know about meets:

- All athletes must show up 30-60 minutes prior to meets (depends on setups)
- Captains will join coaches at the coaches meeting
- Set up and tear down at all home meets is required
- Team will do a cheer prior to the start
- Meets generally last 3-4 hours. All athletes stay until the competition is finished
- After each event, stay in pool until last swimmer finishes
- Before the last event we thank all timers for volunteering
- At the end of each home meet we thank all coaches and officials for their time, and end with a cheer.

What to bring to meets:

- Team apparel: suit, cap, warm ups, and shirt
- Towels and deck shoes
- Food and drink: healthy snacks, water or electrolyte drink (Energy drinks are not allowed, no exceptions)
- Student ID- mandatory

Team Apparel at School:

- All DHS swimmers and divers must wear team apparel to school on competition days or Friday for Saturday meets.
- Team Apparel: Black DT Logo Shirt, Black Jogger/Track Pants, Black DT Logo Track Jacket

Communication:

- Emails will be sent out with updates and reminders; please make sure we have a correct email address
- Remind 101 or something similar will be used for texting from Coach Greg to athletes and parents
- Swimming and Dive questions please contact:
 - Head Coach, Greg Taylor greg@taylorcamp.org (775) 790-0384

Team events:

- Team parties will be held Friday nights before or after all home meets, or the night after weekday meets. Parents interested in hosting a home meet, please contact our TEAM PARENT or Coach Greg
- Other Team Events: TBD

Team Rules:

- After the official start of the season, Teams must offer 10 practices and Swimmers must attend 5 practices before competing in first meet (3 if currently competing in another sport) (NIAA Rule)
- We have some attendance rule changes. The primary key is to communicate with the Coach about missing any practices or meets (preferably AHEAD of the practice or meet). You can use Student Square etc.
- No more than 10 absences for entire season
 - meets and unexcused absences count as 2 absences
- No energy drinks during practice or meets
- Drug, alcohol, and tobacco free
- NO DECK CHANGING
- No boom box playing at meets during competition
- Must wear team cap and gear at all meets
- Must be eligible to swim at practice and compete
- **Athletes will support each other!**

Lettering for Swimming and Diving:

- Athletes must *qualify* for regionals with at least 1 event
- Athletes must have swum ALL 8 Individual Events -OR- 11 Dives (DQ's don't count as a swim/dive)
- Grades cleared, good attendance, good attitude, and *coaches discretion*

Diving

Practice:

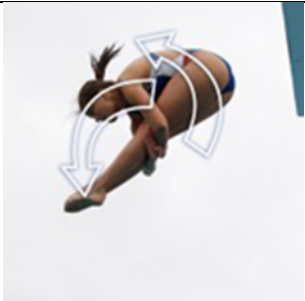
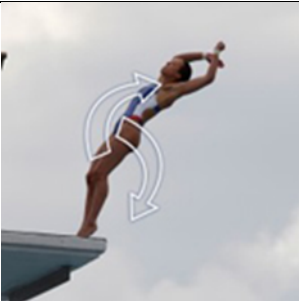
- What to bring:
 - Suit
 - Goggles
 - Dry land clothes
 - Chamois or towel
 - Water bottle

2026 Dive Meet Schedule:

Week	Date	Location	Warm ups	Meet start	Dive	6/11 Dives
1	Friday, 2/27	Alf Sorenson	4:00pm	4:30pm	Front	6
2	Friday, 3/6	Truckee	5:00pm	5:30pm	Back	6
3	Saturday, 3/14	Douglas	3:00pm	3:30pm	Reverse	6
4	Friday, 3/20	Truckee	5:00pm	5:30pm	Inward	6
5	Saturday, 3/28	Moana	5:00pm	5:30pm	Twist	6
6	Saturday, 4/4	Moana	5:00pm	5:30pm	Front	6
7	Friday, 4/10	Moana	7:00pm	7:30pm	Back	6
8	Friday, 4/17	Alf Sorenson	4:00pm	4:30pm	Reverse	6
9	Saturday, 4/25	Moana	5:00pm	5:30pm	Inward	6
10	Saturday, 5/2	Douglas	3:00pm	3:30pm	Twist	6
Regionals	TBD	Moana	TBD	TBD	Regionals	11
State	TBD	Vegas	TBD	TBD	State	11

***DIVE:** Away Meet Bus info will be sent out before each away meet.

TYPES OF DIVES

 A diver in a blue and red swimsuit is shown in mid-air, performing a forward dive. White curved arrows indicate the rotation of the body forward.	FORWARD GROUP	 A diver in a blue and red swimsuit is shown in mid-air, performing a backward dive. White curved arrows indicate the rotation of the body backward.	BACKWARD GROUP
 A diver in a blue and red swimsuit is shown in mid-air, performing an inward dive. White curved arrows indicate the rotation of the body inward.	INWARD GROUP	 A diver in a blue and red swimsuit is shown in mid-air, performing a reverse dive. White curved arrows indicate the rotation of the body reverse.	REVERSE GROUP
 A diver in a blue and red swimsuit is shown in mid-air, performing a twisting dive. White curved arrows indicate the rotation of the body.	TWISTING GROUP		

Rules:

Each competition is broken into categories. The diver must successfully compete in each category and have 11 legal dives to compete in Regionals.

Diving and Swimming:

- Diving and Swimming are considered the same sport. Diving counts as one individual event, which allows divers to compete in swim meets and vice versa.

Supportive Parenting

As in any sport, there is a dedication and determination factor that the young athlete can possess. One thing that helps to keep this dedication and drive alive is nurturing by the athlete's parent(s) or other support person. This is accomplished by consistently offering encouragement and support to your athlete. Without this support, the drive and dedication of the athlete may fade. We ask you as the parent to take an active interest in your child's sports. Encourage them to attend practice on time and on a regular basis. Be aware of upcoming events and your child's participation in them. Above all, support your child's interest in Swim/Dive so he/she can become successful and dedicated to the sport.

Communication Between Coach, Swimmer, and Parents

Parent/Student Square, is our primary means of daily communication with swimmers and families. It is very important that you keep all of your contact information up to date as we may also use email and texts.

<https://www.parentsquare.com/groups/join/vl7gxaa4df>

Addresses to Local Pools:

Carson Valley Swim Center (*Home Pool*) 1600 State Route 88 Minden, NV

Carson City Aquatic Facility 841 N. Roop St. Carson City, NV

South Lake Tahoe Recreation Complex 1180 Rufus Allen Blvd. South Lake Tahoe, CA

Alf Sorensen 1400 Baring Blvd. Sparks, NV

UNR Lombardi Recreation Center 1664 N. Virginia St. Reno, NV 89557

Northwest Pool 2925 Apollo Way, Reno, NV 89503

Truckee-Donner Community Swimming Pool 8924 Donner Pass Rd, Truckee, CA 96161

Incline Village Recreation Center 980 Incline Way, Incline Village, NV 89451

Moana Springs Community Aquatics and Fitness Center 240 W Moana Ln, Reno, NV 89509

Fernley Pool 300 Cottonwood Ln Fernley 89408



NOTES: