OFHS Swim and Dive

How to get info for the team?

- Email head coach Karen Smalley at smalleyka@pcsb.org
- Scan the QR code and fill out our "information form" to get on our email list to get information

Why join the team?

- Swimming is a fantastic, low impact sport that your athlete will be able to do the rest of their life.
- It looks great on college application since they know swimming/diving require dedication and commitment
- Will get to meet many new people at the school before school even starts.

Practice Information:

- Monday-Friday, 4:30-6:30pm (swimming), divers please see Coach Smalley for practice details
- Pool located on 86th Ave. N. (next door to Seminole Middle School)
- First day of practice is usually two week before school starts (first Monday in August or last Monday in July)
- Club swimmers/divers may continue to practice with their club teams during the season

FAQ:

- No experience needed but recommended you should be able to swim 25 yards of each stroke and 100 yards of freestyle.
- Lanes are split by ability and we will work with you.
- We have Junior Varsity Girls, Varsity Girls, and Varsity Boys
- Athletes are responsible for transportation to and from practices and meets.

Can I swim/dive now?

- West Florida Aquatic Team (WFLA) at Southwest Rec Center in Largo – (swim/dive year-round)
  - WFLA summer league starts when school gets out (coached by an OFHS swim alumni)
  - WFLA high school conditioning clinics during the summer
  - Swim: https://www.gomotionapp.com/team/flwfla/page/home
  - Dive: https://wfladiving.org/
  - WFLA swim  WFLA dive 

- Bluetide Aquatic Team (BAT) at Seminole High School pool (along 86th next to the middle school) – swim (starts in April)
  - www.batswim.com
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- West Coast Aquatics (WCA) – St. Pete Beach Rec (swim) (year-round)
  - https://www.gomotionapp.com/team/flfwca/page/home
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- St. Pete Aquatic Team (SPA) at Northshore Pool/Walter Fuller in St. Pete – swim (year-round)
  - SPA Summer League – city of St Pete pools(starts when school gets out)
  - https://www.gomotionapp.com/team/flstpa/page/home
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- Clearwater Aquatic Team (CAT) at Long Center – swim (year-round)
  - https://www.gomotionapp.com/team/cwat/page/home
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