

# SWIM SEACOAST

## COLLEGIATE HIGH SCHOOL

### 2026 Season

Preseason Conditioning Starts 1 July 2026

Mandatory Tryouts 27-30 July 2026 (plan to attend all 4 days)

Practice Starts 3 August 2026

Location	Practice Times	Mon	Tues	Wed	Thurs	Fri	Training Dates
Summer preseason conditioning at Sand Dunes Gym	6:30-7:30 PM	7/6 7/13	7/14 7/21	7/1 7/22	7/2 7/9		7/1 and 7/2 7/6 and 7/9 7/13 and 7/14 7/21 and 7/22
Destin Pool (Taj Renee Community Pool)	5:00-7:00 PM	X	X	X	X		7/27/26- 10/22/26

Meet Schedule is TBD

End of Season Meets	Date	Location
District Meet	19-Oct-26	Targeting PCB, Frank Brown Pool
Regional Championship Meet	27-Oct-26	TBD, The Bolles School - Jacksonville, FL
State Championship Meet	7-Nov-26	FAST in Ocala, FL

Please email Coach Jack to be added to team communications on TeamSnap.

Head Swim Coach Jack O'Connor, [coach.oconnor@seasideschools.net](mailto:coach.oconnor@seasideschools.net)

