

# Swim and Dive Team Key Information

Season starts July 27, 2026

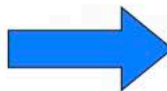
Head Coach Lindsey Fandrick

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Assistant Coach Katie Eden

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***If you have not done so already, please fill out the Google Form using this QR code.***



## **1. Requirements to be on the team:**

MUST BE DONE BEFORE GETTING IN THE POOL

- a. New Florida Law: all new high school athletes, including all incoming freshman, must complete an ECG/EKG. An EKG performed two years before the start of the 2026–27 school year satisfies this requirement. Students with abnormal EKG findings may not participate in sports until obtaining written medical clearance.
  - i. Event on June 6th at Andrews Institute, preregistration required, parent/guardian must be present
- b. FHSAA requires that a student-athlete be completely registered at [athleticclearance.com](http://athleticclearance.com) before participating in any type of preseason or offseason conditioning, workouts, practices and contests.
- c. Pre-Participation Physical Evaluation - This form must be printed, completed by a physician, and either uploaded to [athleticclearance.com](http://athleticclearance.com) or submitted to your school's Athletic Director. [FHSAA EL2](#)
- d. Video tutorials on NFHS must be completed and certificates must be uploaded
  - i. Concussion in Sports / Heat Injury Prevention / Sudden Cardiac Arrest / Sportsmanship
- e. The following forms must be completed during the online registration process through [athleticclearance.com](http://athleticclearance.com).
  - i. [Annual Drug Consent Form](#)- required by Escambia County School District (1 page)
  - ii. [ECPS Code of Conduct/Sportsmanship Form](#)

## **2. Ability Levels to be on the Team:**

- a. Must be able to swim two lengths of the pool (50 Free / 50 Back)
- b. All ability levels are welcome. Keep in mind we are not teaching swim lessons. We are teaching stroke technique and development.