

SEMINOLE HIGH SCHOOL SWIM AND DIVE TEAM

2026-2027 SEASON

Coaches: Tera Cox coxt@pcsb.org
Classroom A-24

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Off-campus

Team Information: Girls Junior Varsity Team (JV) (Swim and Dive)
Girls Varsity Team (Swim and Dive)
Boys Varsity Team (Swim and Dive)

Classification: State: 2A
Region: 3
District: 8

Required Paperwork

Athletes **cannot** participate in practice or meets until all paperwork has been cleared in home campus.

Requirements:

- 2026 FHSAA Participation Form (EL2)
- Valid student physical (good for 1 calendar year)
- Required Student Insurance in addition to any personal or private insurance coverage.
- NFHS Certificates (4)
- Co-enrollment form (Home school/Non-traditional/Jacobson Students only)
- ECG/EKG Form (EL1) (freshmen and upperclassmen new to sports in PCS only)

Paperwork Tips:

- All paperwork must be uploaded in **PDF** form **ONLY**.
JPEG/word documents, etc. will not be accepted.
- Genius Scan is a free app to convert paperwork to PDF for uploading.
- Physicals must be up to date (physicals are valid for 1 calendar year).

Clearance for Participation

Athletes cannot participate in practice or meets until all paperwork has been cleared.

- Athletes must have a 2.0 unweighted GPA
- If an athlete's physical expires during the season, they are no longer eligible to participate in practice or meets. PLEASE let a coach know when an updated physical has been uploaded.
- Paperwork clearance may take a few days.
- You will receive an e-mail that your paperwork has been submitted.
This is NOT approval or clearance.
- You will receive an e-mail at a later date indicating if paperwork has been approved or denied.
- If paperwork is denied, you will receive information indicating the corrections that need to be made. You will need to re-upload your paperwork.
- *Coaches are not able to approve paperwork. All paperwork must be approved through the Athletic Clearance Site. Coaches **do not** have control over paper work turnaround.*

Participation Form

- All paperwork must be completed and approved prior to participation.
Paperwork cannot be accepted or approved on deck.

Link to 2026 FHSAA Participation Form (EL2):

https://fhsaa.com/documents/2026/2/25/EL2_022426.pdf

ECG/EKG Form (EL1) (freshmen and upperclassmen new to sports in PCS only)

https://fhsaa.com/documents/2026/2/12/EL1_ECG_Screening_021126.pdf?path=enc

Team Suits

Coming soon

Team Gear

Coming soon

Sign Up
for → **BAND**

Parents and athletes, please
sign up for the BAND App.

We will use the BAND App to
communicate important
information about practice,
meets, time changes, weather
updates, etc.

To join:

<https://band.us/n/a3a6b4A5ma6fu>



Student Insurance

- All student athletes must purchase school insurance in addition to any personal or private insurance coverage.

Link to REQUIRED student insurance: <https://enrollment.k12studentinsurance.com/enrolment/home>

NFHS Certificates

- All athletes must complete the 4 required NFHS Course videos.

Certificates must be issued in the athlete's name and the current school year.

1. Concussion in Sports
2. Heat Illness Prevention
3. Sudden Cardiac Arrest
4. Sportsmanship

- ***Search the terms: Heat Illness, Concussions, Sudden Cardiac Arrest and Sportsmanship independently to register and complete the courses. You may have to create an account to do so.***
- ***All courses are free for student athletes.***

Link to NFHS website: <https://nfhslearn.com/courses>

Submit completed paperwork to Athletic Clearance (Home Campus):

Upload all the paperwork as PDF documents to the Athletic Clearance Site:

- Upload to Seminole (Seminole)
- 2026 FHSAA Participation Form (EL2)
- Valid student physical (good for 1 calendar year)
- Required Student Insurance in addition to any personal or private insurance coverage.
- NFHS Certificates (4)
- ECG/EKG Form (EL1) (freshmen and upperclassmen new to sports in PCS only)

Link to Athletic Clearance Site: <https://athleticclearance.fhsaahome.org/>

Home school/Non-traditional students/Jacobson Students ONLY

Home school/Non-traditional/Jacobson High students are required to complete and submit the co-enrollment paperwork in-addition to all required paperwork.

Submit co-enrollment form to PCSAthletics@pcsb.org

Link to Co-enrollment form: <https://www.pcsb.org/Page/37413>

Once approved, you will receive a message with the following instructions:

Your student's co-enrollment application for Seminole High School has been approved. Please take the following information to the school to complete the enrollment process:

- Copy of Certified Birth Certificate
- Immunization record on a Florida 680 form
- Record of a physical within the last 12 months
- 2 forms of address verification

Diving

If you are interested in diving with the PCS Diving Coach at Clearwater High School, please let me know ASAP.

There is no extra charge to dive with the PCS Dive Coach.

Divers can also join a club team (other fees and costs may apply).

- Tony - WFLA diving wfladiving@gmail.com
- Other club team

Practice

All paperwork must be completed and approved prior to participating in practice

- Midnight swim: Sunday July 26, 2026 pool opens at 11:45 pm
- Monday July 27, 12:01 am - 1:30 am at SHS pool
- July 28-July 31, 6:00 am-7:30 am
- Aug 3: 6:00 am-7:30 am
- Aug 4: 6:00 am-7:30 am
- Aug 5: No practice - Teacher Training Day
- Aug 6, 7, 10: 6:00 am-7:30 am
- Aug 11: First day of school. Meeting in A-24 after school, practice after meeting until 4:30 pm
- Aug 12-13: Practice after school 2:30 pm -4:30 pm
- Aug 14: Orange & green meet no practice. Deck opens at 4:45 pm, Parent's meeting 5 pm, meet 5:15 pm
- Regular practice times on non-meet days: 2:30-4:30 pm
- No practice on meet days.

Orange and Green Meet

The orange and green meet will help athletes and parents become familiar with how swim meets are run. The orange and green meet will be Friday August 14.

Time: The deck will open at 4:45 pm and we will start the parent meeting 5 pm, and the meet by 5:15 pm.

Team Dinners

Team dinners are held before meets to help fuel swimmers up before a meet and give the team a chance to socialize outside of the pool. Please see the BAND App to sign-up and host. Co-hosting is always encouraged! Please let us know if you have any questions. Thank you for your support!

Meets

- Meet start times may vary for meets. Please see the weekly e-mail for meet details.
- We will not be utilizing PCSB buses for away meets. Please make arrangements for transportation to and from meets.

Tickets

- Tickets for swim meets (and other SHS events) can be purchased through gofan.co
- Download the app to purchase tickets. Cash will not be accepted at the gate.
- <https://gofan.co/>

Varsity Letter Requirements

To receive a varsity letter, swimmers and divers must complete the following:

- Participate in all practices and meets
- Swim: Entered and compete in 2 individual events at PCAC and State Series
- Dive: Entered and compete in PCAC and State Series (11-dive meets)
- Fulfill commitment to all qualifying events, including finals, regions and states.

State Series

- **Districts:** Week of Oct. 26-30
- **Regions:** Week of Nov. 2-7
- **States:** Nov. 13-15
 - Friday, Nov. 13: Warm-ups
 - Saturday, Nov. 14: State Swim and Dive meet @ FAST Ocala
 - Sunday, Nov. 15: Depart Ocala

Meet: FAST Ocala: <https://floridafast.com/>

4635 SW 67th Ave Rd Ocala, FL 34474

Hotel: Homewood Suites Ocala at Heath Brook

<https://www.hilton.com/en/hotels/ocfhwhw-homewood-suites-ocala-at-heath-brook/>

4610 SW 49th Road, Ocala, FL 34474

Tel: 352-369-4610 | Fax: 352-369-5610

The team has a block of rooms reserved for 2 nights for the state meet. Please contact a coach for more information.

FHSAA website: <https://fhsaa.com/sports/swim>

Team Expectations

- Follow all directions.
- Active participation in practices and meets is mandatory.
- Two unexcused absences from practice will result in sitting out at the next meet.
- Third unexcused absence will result in dismissal from the team.
- Unexcused absence from a meet will result in dismissal from the team.
- 2 tardies to practice (without speaking to a coach prior to the tardy) will result in 1 unexcused absence.
- Athletes unable to practice due to injury must have a doctor's note clearing them to return to practice.
- All athletes are required to have a water bottle behind their lanes at every practice.
Swimmers without water will be sent home.
- Arrive at practice prior to the start time. Be changed and on deck when practice begins (THIS MEANS SUITED UP AND ON THE POOL DECK AT 2:30 PM SHARP); be mentally prepared with the day's specific and general goals in mind.
- Disruptive conduct will not be tolerated. Infractions will result in team members being removed from practice/meet until a conference has been completed.
- If a team member is absent from school because due to illness, please have a parent/guardian e-mail a coach.
- If an athlete is going to miss practice due to doctor's appointments or illness, the parent or guardian must contact a coach a coach prior to practice. Absences will not be excused for meetings, conflicts with other extracurricular activities, and after-school jobs. If in doubt please contact a coach to discuss.
- All athletes are expected to stay for the entire meet; this is a team event.
- All athletes are expected to participate in set-up and break-down of home swim meets.
- All athletes will swim the events they are entered in for each meet. Asking to be scratched from an event will result in being scratched from the entire meet.
- All athletes will exhibit good sportsmanship to ALL student athletes, coaches, officials, volunteers, parents, and spectators.
- Failure to follow these expectations may result in dismissal from the team.

Team Contract

All athletes need to complete the team contract, after reviewing the expectations. Athletes will not be permitted to participate in the first meet until the contract has been completed.

Link to Team Contract: <https://forms.office.com/r/PDMmi77HjP>