SHHS SWIMMING & DIVING TEAM

2026-2027 Athlete-Parent Meeting Handout

Contact Information:

Head Coach:	Chris Coraggio	423-833-5595 (cell)	bscswim@yahoo.com
Assistant Coach:	TBD		
Diving Coach:	Emma Tubul		
Strength Coach:	Will McDavitt		

Website: https://sports.jcschools.org/science-hill-teams/swimming-and-diving-1

Navigation:
www.jcschools.org > Athletics > SHHS Teams> Winter > Swimming & Diving

OR – You can access the website via a link on the Parent Square app > Explore > Links

COMMUNICATION

This year the school is requiring that the coaches use the **Parent Square app** to communicate with athletes and parents. We will also send out emails and post information on the website.
For immediate communication, an "Alert" will be sent out via the Parent Square app. (ie: Change in practice schedule due to weather). You will receive it as a text or email, depending on what you signed up for.
I will only be using the Parent Square app for one-way communication (me to you). If you need to get hold of me, please do so via text, email, or phone call.

ACCESS TO COMMUNICATIONS:

Parents need to update their contact info in Power School
Students need to update their contact info in Parent Square

FORMS (direct links on the website)

1. Information Form via Google Docs

2. Rank One – Electronic form submission site
   All other required forms are on there.
   Some you will fill out and sign electronically.
   Others you will need to upload (ie – physicals).

IMPORTANT DATES

September 14	All Forms Due in! (See Rank One info)
September 21	First In-Water Practice at Memorial Park Community Center
September 21	First Regular-Season Weight Training at SHHS Fieldhouse by the football stadium
TBA	Suit Tryon Day
Dec 18 – Jan 5	Winter Training ☺
Jan 15-16	Northeast Tennessee Regional Championship (Divers Friday, Swimmers Saturday)
Feb 5-6	Tennessee State Championship Meet in Knoxville

The meet schedule is being finalized and will be posted on the team website when completed.

GENERAL TRAINING SCHEDULE 2026-2027

Practice begins **Monday, September 21**, with the afternoon swimming practice. Weight training will be available that morning at 5-6 AM in the SHHS Weight room by the football stadium. All training sessions are required unless noted below or excused by the Coach. Make-ups may be arranged if feasible.

SHHS Swimmers

Weight training (11th-12th;others with permission) @ SHHS fieldhouse	Monday - Wednesday - Friday: (2 days required)	5:00 - 6:00 AM
Swim training @ Memorial Park Community Center	Monday thru Friday	3:15 - 5:15 PM

SHHS Divers
TBA

*Note: In order to maintain adequate training integrity, some meet days will also include a training component

Schedule changes for school calendar considerations:

Thanksgiving Week:	
Wed, 11/25	Swimmers: 3:15 - 5:15 PM; Weights 7:30-8:30 AM
Thurs, 11/27	OFF
Fri, 11/28	Swimmers: 3:15 – 5:15 PM (optional); Divers TBD
Sat, 11/29	Swimmers: 9:00-11:00 AM (optional); Divers TBD
MLK Day: Mon, 1/11:	Regular practice schedule; Weights 7:30-8:30 AM (if there is no school)

Winter Training: We DO train while school is on winter break**! In fact, this time is a key component of our training cycle**. Some of the practices will be designated as "optional". The others will be required. (You may substitute an optional practice as a make-up for a required practice). Some days there will be two training sessions per day. If two training sessions are listed, attendance at both is expected. As soon as the pool schedule has been determined, a detailed Winter Training Schedule will be handed out and posted on the web site.

FACILITY NOTES

Memorial Park Community Center (MPCC)
- Use the GYM LOCKER ROOM
- Swipe cards for entry
- Be courteous to the senior citizens

Milligan University Pool
- Waiver Forms
- Varsity locker rooms not available at start of practices – come with your suit on
- Respect their equipment and facility

Tennessee High School (divers)
- We will let you know about scheduling with their team or not
- Respect their equipment and facility

Snow Policy

If school is delayed or cancelled prior to 5 AM, swimming and/or weights is also cancelled for that morning. (If no decision has been made by 5:00 AM, we will still conduct and complete the scheduled morning practice)
If school is cancelled or dismissed early, refer to the Parent Square feed for updates about the afternoon practice schedule.

Equipment

There are all kinds of suits, in many materials and for various prices. At some swim meets, swim shops are set up to sell suits as well as other swimming gear. Some good bargains on practice suits can usually be found there.
If you are looking for a good, long-lasting suit, the Endurance fabric suit by Speedo is very good. It's a bit heavier than other suits, but can be used for both practice and meets and lasts a long time. A lycra suit is usually the least expensive, but tends to wear out the fastest. More technically superior suits such as the Speedo Fastskin and LZR suits are all made of special fabrics designed to minimize drag through the water. Swimmers competing at meets below the State level probably will not see a significant improvement using these high-end suits.

Swimmers who want to invest in additional personal **training equipment** will be able to get a discount from our supplier. Items needed are: pull buoy, paddles, fins, snorkel (not the freestyle snorkel – the general Finis or Speedo snorkel), noseplug, kickboard, and an equipment bag to store everything in.

SUIT TRY ON & ORDERING DAY: Swim & Tri Swim Shop will come to the MPCC to take orders. Time & Day TBA

Parental Involvement

We do need parents' help to make the season a success. For home meets, we need volunteers to act as timers, officials, computer operators, and announcers. In addition, the Booster Club has activities which enhance the Swimming and Diving Team experience for our athletes. Please give generously of your time and talents!

BOOSTER CLUB

"Behind The Blocks"
SHbehindtheblocks@gmail.com

TeamReach app
Group Code: plss8145