JC MIDDLE SCHOOLS SWIMMING & DIVING TEAM

2026-2027 Athlete-Parent Meeting Handout

Contact Information:

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

Website: https://sports.jcschools.org/science-hill-athletics-clone/swimming-diving
Navigation:
www.jcschools.org > Athletics > ITMS or LBMS 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
TBA	Suit Tryon Day

GENERAL TRAINING SCHEDULE 2026-2027

Practice begins **Monday, September 21**, with the afternoon swimming practice. All training sessions are required unless noted below or excused by the Coach. Make-ups may be arranged if feasible.

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JCMS Swimmers
Swim training @ Memorial Park Community Center
The conundrum: We have more limited times and lanes than in the past. It is all a numbers game – that is why filling out the Google Information form is so important!
Possible solution: Start some of the more proficient swimmers earlier, as they could combine with some of the high school lanes. Bring the newer swimmers in later.

Possible times:	Group A	4:00 – 5:45 PM or 4:15 – 5:45 PM	Monday thru Friday
	Group B	4:15 – 5:45 PM or 4:45 – 5:45 PM	Monday thru Friday

I will post exact times and groups the week before practice begins as soon as I have numbers for both the HS and MS teams.

JCMS Divers
We have an arrangement with Tennessee High School to use their facility. Coach Emma is working to finalize the schedule and transportation.

Schedule changes for school calendar considerations:

Thanksgiving Week:

Wed, 11/25	Regular Practice
Thurs, 11/26	OFF
Fri, 11/27	TBA
Sat, 11/28	Swimmers: 7:00 - 9:00 AM (optional) at Milligan University

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 pool to take orders. Date TBA. Looking at week of September 28.

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!

PARENT/BOOSTER T-SHIRT
The Booster Club is selling JC SCHOOLS SWIMMING & DIVING T-SHIRTS. Order forms on the JCMS website.