

Gainesville High School Swim and Dive Team 2009 Requirements for Participation

Needed Paperwork

The Florida High School Athletic Association (FHSAA) requires the following information to participate. All team members must have this paperwork completed by the first day of practice, Monday, August 17, 2009.

EL2 – Preparticipation Physical Evaluation
EL3 – Consent and Release from Liability Certificate

To obtain these forms please go to the Gainesville High School website at ghs.sbac.edu

- click on 'canes athletics' (<http://ghs.sbac.edu/athletics/index.html>)
- scroll down the page to Required Forms
- Click on the [FHSAA Preparticipation Physical Evaluation, form EL2](#), link and print
- Click the [FHSAA Consent and Release from Liability Certificate, form EL3](#) print
- Make your appointments ASAP for student physicals
- Bring back on or before the first day of practice, Monday, August 17, 2009

Pre-Season Conditioning

Swim Team – Previous swimming experience is not required, however you must be able to swim 10 laps of a 25 yard pool with minimal stops or rests. Three club swim teams in the area offer beginner to intermediate swim programs and Gainesville Health and Fitness Club offers a free teen membership for the summer.

Dive Team – Previous diving experience is not required, however the ability to go in the water head first from the diving board is recommended. Divers must also be comfortable in deep water and be able to swim across the deep end of the pool.

Parent or Family Participation

A smooth running season depends heavily on our athlete's parents, family, and friends support. It is expected that you contribute to our team's success on *some* level. Please see our starting 2009 parent committees on our website at www.ghsswimdive.com. We will continue to define the team's needs as the season begins. Thank you in advance for your support in making your child's participation memorable.



Next page please

Costs

1) Activity Fee – To be announced. This fee will be determined by money raised from our team fundraising efforts. Check our website www.ghsswimdive.com for fundraising announcements.

2) Equipment -- Please have the following equipment the first day of practice:

Swimmers:

Composition Book
Work out clothes – for out of the pool conditioning
Supportive work-out shoes
Practice swim suit –
Goggles (Swim Caps will be provided)
Flipper/Fins
A bag to carry equipment
Towel(s)
Sun Screen
Water Bottle

Divers:

Work out clothes
One piece suit (girls)
Competitive style suit or “jammers” (boys)
Towel(s)
Chamois (optional)
Hair ties

Season and Practice Details - Specifics will be listed on our website www.ghsswimdive.com

Season begins, Monday, August 17, 2009

Pre-season conditioning beginning now until August 17.

Dual Meets > August – October

Championship Season > District, Regional, State Meets (October – early November)

Practices are held at the NE Pool, Monday – Friday. Times to be announced.

