

Pocantico Hills

Swim and Dive Team 2024

Information and Registration Packet



Welcome to the Pocantico Swim & Dive Team!

Welcome to the **2024** Swim and Dive Team Season! We are looking forward to a fun, safe, and educational summer for everyone involved in the swim and dive programs at Pocantico.

Meet Our Staff

Jeff McClung, Pool Director
Sabrina Conrad, Head Swim Coach
Jess Austin, Assistant Swim Coach
Alex Ramoino, Assistant Swim Coach
Jessica Cowles, Head Dive Coach
Parent Rep: Tracy Carrigan, Laura Wallace,

Pool Telephone: (914)-631-2440 ex. 756
Email: pocanticoswim@gmail.com

Eligibility

- Any district resident between the ages of 5-18 is eligible for the program.
- **Swimmers who are 10 and under, will need to pass the required deep-water swim test to earn a BLUE bracelet. All other swimmers will need to pass the GREEN bracelet test in order to be on the swim team. All those wishing to participate on the dive team must pass the GREEN bracelet test. These swim tests will be administered by the Pocantico Aquatics staff.
- Your child does not have to attend summer camp to participate, but you must be a resident of the school district.
- All eligible swimmers and divers must be on the roster by Sunday, June 22th.
- Please complete the google registration form. A paper registration form can be obtained from the pool office.

Expectations

- Swimmers and Divers are encouraged to attend practices to provide the most growth and best result for our team.
- If your child cannot attend a practice, please contact the coaches by emailing pocanticoswim@gmail.com.
- We will be sending a swim meet availability form. It is important that you complete it as accurately as possible so that we can provide all swimmers with as many opportunities as possible to participate in meets.
- All children under 13 years old must be accompanied by an adult or designated caretaker in and around the pool and recreational areas, except during swim practice. Once your child has finished practicing, a parent/guardian/babysitter must be ready to meet the child. This policy was enacted to ensure the safety of your children in and around the pool.
- Goggles and swim caps must be worn at every practice.
- Coaches will plan the entry roster for each meet.

Practice Guidelines

Practices play a significant role in improving the team's conditioning and technique over the course of the season. The coaches should be alerted if a swimmer has to miss practice for an extended period, due to illness, injury, or another personal situation. We will be communicating the practice roster once we know how many swimmers are interested and have received the most up to date information from the county and state.

- Diving pre-season practice will begin on Monday, June 10th at @3pm.
- Swimming pre-season practices will begin this year at the Pocantico Pool on Monday, June 10th@3pm.

All swimmers should come prepared to practice with: goggles, a towel, swim cap, sneakers, and drinking water. Swimmers who require inhalers should have them available at practices and make the coaches aware of their condition. Practices will be held during light rain or drizzle.

Meet Guidelines

Please come prepared to all meets with your team suit, cap, towel, goggles, and water. Swimmers who require inhalers should have them available at meets and make the coaches aware of their medical condition.

Meets may be canceled by heavy rain or thunderstorms. Meets may be held through a light rain or drizzle. We follow the same weather guidelines for outdoor practices.

Team Swim Suit

The suit fitting will be held on Saturday June 22 @12-2pm at Pocantico Hills. Please try to attend the fitting, as it is important to make sure your child's suit fits properly. We welcome all to attend the swimsuit sale and purchase the new one in addition to goggles, caps,

2024 Swim and Dive Team Schedule

PRACTICE SCHEDULE

Weekday Starting JUNE 10th

SWIMMING	Pocantico Hills Pool	3-4pm 10 & Under 4-5 m 11-18
DIVING	Pocantico Hills Pool	3-4pm 11-18 4-5 m 10 & Under

Please remember to provide a note for your child for him/her to stay after school/camp to attend practice.

Any children under 13 years old must be accompanied by an adult or designated caretaker in and around the pool and recreational areas, except during swim practice. Once the swimmer has completed practice a parent must be there for pick-up.

"A" MEET SCHEDULE

June 29 – Ossining Spartans @ Ossining

July 2 – Seven Bridges @ Pocantico

July 11 – Tarry Crest @ Pocantico

July 18 – Cortland @ Pocantico

July 25 – Whippoorwill @ Pocantico

Jul 31 Diving Champs @

Aug 1 AllStar Diving @ Lewisboro

Aug 3 – Champs @

Aug 4 – Allstars @ Briarcliff

Communication

We will be communicating through email, TeamSnap and pocanticohills.org regularly for updates, changes in scheduling, parent updates, and extra flyers. The bulletin board is posted outside of the boys' locker room across from the snack bar. Also, e-mails will be sent out regularly to the email included on the registration sheet.

Parent Volunteers

The Pocantico Hills Swim and Dive Team will need multiple parent volunteers for each of the groups for the different home meets.

- Snack Bar
- Ribbons

- Scoring
- Team Dinner

- Timers/Runners

Swim/ Dive Team Registration 2024

Please fill out this form by: Saturday, June 18th

[2024 Swim and Dive Team](#)

[Registration](#)