CCMS and CCHS Swim & Dive

2022 2023

The 2022/2023 Swim Season will begin with practice on Monday, October 24th at NKU after school. Practices will be Monday, Wednesday, and Friday from 3:30-4:30 and then Saturday mornings from 8-10 am. More specifics on exact dates will be discussed at the meeting.

Dive Practice will begin Wednesday, October 26th at NKU from 8 to 9 and Saturday's from 8-10 am.

Physicals: All swimmers and divers need to have an updated KHSAA physical on file to join the team. Physicals for middle school athletes will need to be turned into the Athletic Director Aaron Caudill. High School Physicals will need to be uploaded on Eventlink. More instructions and information will be provided at the meeting.

Diving:

No experience is needed. Divers will need to know or will learn 4 of the 5 categories for diving. (Front, back, reverse, inward, twister). Divers will also need to have close to an 11-dive list. All major high school meets are 11 dive meets. There are some 6 dive meets, but we are unsure if those will take place this year.

Swimming:

- Needs to know how to swim.
-Ability to demonstrate at least 3 of 4 competitive strokes (we will teach these)
-Ability to demonstrate open and flip turns (we will teach these)
-Knowledge of a start from the block (we will teach these)

Please contact the coaches for more information.

Head Swim Coach Amanda Bonnell
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Head Dive Coach Joey Svatba
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Middle School Head Coach and Asst. High School Coach Mandee Wells
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