

# CCMS and CCHS Swim & Dive



There will be a Swim and Dive Informational Meeting for 7<sup>th</sup> and 8<sup>th</sup> graders interested in joining the team on Tuesday October 3<sup>rd</sup> at the Campbell County High School Library starting at 7:00 pm. Both athletes and parents are invited. If you cannot attend, please email the Varsity Head Coach Amanda Johnson ([amanda.johnson@campbell.kyschools.us](mailto:amanda.johnson@campbell.kyschools.us)) or Asst. Coach Mandee Wells ([mandee.wells@campbell.kyschools.us](mailto:mandee.wells@campbell.kyschools.us)) and let us know. We will be emailing out information after the meeting as well. We are excited to meet everyone and get another great season

**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.**

CCHS- Amanda Johnson [amanda.johnson@campbell.kyschools.us](mailto:amanda.johnson@campbell.kyschools.us))

CCMS- Mandee Wells [mandee.wells@campbell.kyschools.us](mailto:mandee.wells@campbell.kyschools.us))

DIVE- Joey Svatba [joey.svatba@gmail.com](mailto:joey.svatba@gmail.com)