**Falcons Swimming 2022**

**First Meeting Agenda**

1. **Coaches & Captains Introductions**  
   Coaches: Coach Cosgrove [Autumn.Krenz@stjohns.k12.fl.us](mailto:Autumn.Krenz@stjohns.k12.fl.us)

Coach Vandenheuval [jordanv900@gmail.com](mailto:jordanv900@gmail.com)

Captains: Rosie Carmichael  
 Ryan McAnallen

1. **Requirements to attend first practice (Monday, August 1)**
   1. All swimmers must complete physicals & EL3’s prior to the start of practice.
   2. Watch the following videos on [www.nfhslearn.com](http://www.nfhslearn.com)

**Concussion for Students** (under “Concussion Courses” on “Home Page”)

**Sudden Cardiac Arrest &** (Click “Courses” tab at the top, use search bar **Heat Illness Prevention** to find thecourses)

* 1. **Electronically sign** all forms on the website with a parent/guardian.
  2. Upload completed **Physical Form** (found on our website or at your doctors office).
  3. Turn in **YMCA Waiver** form to Coach Cosgrove (found on our website).
  4. Physicals available **May 23rd @ 5pm in PMHS Gym, $25**

1. **Pay to Play Fee**
   1. $75.00
   2. Payment must be made online at [www.schoolpay.com](http://www.schoolpay.com) before September 1st.
   3. This is to cover the costs of transportation and meet fees. Every athlete at PMHS pays this.
2. **Practice**
3. First day of practice is on Monday, August 1.
4. All practices will be held at the Solomon Calhoun Center in West St. Augustine (1300 Duval Street, St. Augustine, FL. 32084).
5. What to Bring:
   1. Goggles, swim cap, water bottle, and a towel.
   2. Suits:
      1. Boys- Bathing suit (preferably jammers or speedo, no street shorts)
      2. Girls- One piece suit (no bikini’s).
      3. Equipment is linked for your convenience on our website.
6. Practice schedule:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 6:00am-7:45am | 4:30pm-6:30pm | 6:00am-7:45am | 4:30pm-6:30pm | 6:00am-7:45am |

\*Subject to change.

1. **Summer Conditioning Options**
   1. Developmental Workshop last week of July – more details to come!
   2. Cyclones High School Developmental/ Off Season Training (more information available on our website).
2. **Fundraising**
   1. Car Wash on August 20th at Homeport Church on US1.
   2. Pancake Breakfast at Shaughnessey’s Grill (date TBA).
   3. Zaxby’s Spirit Night (date TBA).
3. **Player Pack** 
   1. We will be rolling the team suit, team caps w/ last name, water bottle, and team towel into a “Player Pack” for a flat rate (price TBA). Everyone will also be receiving a complimentary team shirt/shorts!
   2. You will be allowed to fundraise for this by selling all of your tickets for our Car Wash!
4. **Season Schedule**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Team** | **Location** | **Warmup Time** | **Start Time** | |
| Monday  08/01 | First Practice |  |  |  |
| Thursday  09/08 | Clay | Away -  Rolling Hills | 4:30pm | 5:00pm |
| Wednesday  09/14 | Matanzas | Home –  Calhoun | 4:00pm | 4:30pm | |
| Thursday  09/22 | Tocoi Creek & Beachside | Away -  Silverleaf | 4:30pm | 5:10pm | |
| Wednesday  09/28 | Palatka | Home –  Calhoun | 4:00pm | 4:30pm | |
| Wednesday  10/05 | St. Augustine  Battle of the Buoy | Home –  Calhoun | 4:00pm | 4:30pm | |
| Wednesday  10/12 | St. Joes  & St. Frances | Home –  Calhoun | 4:00 pm | 4:30pm | |
|  | Ancient City Relays  ??? |  |  |  | |
|  | Invitational Meet  ??? |  |  |  | |
| 10/15 | REGULAR SEASON ENDS |  |  |  |
| 10/24-10/29 | 1A/2A Districts |  |  |  | |
| 10/31-  11/5 | 1A/2A Regionals |  |  |  | |
| 11/11-  11/12 | 1A/2A States | Sailfish Splashpark |  |  | |

1. **Other Important Dates**
   1. August 3 – Parent Meeting time TBD
   2. August 15 – Last day to join the team. Athletic clearance must be completed and you must be at practice by this day.
   3. August 22 – Player Pack money due (if you did not sell all of your tickets).
   4. Banquet TBA