

# GHHS SWIM & DIVE 2020 - 2021

1. **Coach Contact Information** - Meredith Lindblom, [meredith.lindblom@gmail.com](mailto:meredith.lindblom@gmail.com)
2. **Intake Form** - Required
3. **NAS Online Portal** - <https://www.wakecountyathletics.com/greenhopeh>
  - a. Prior to attending the first workout, student athletes must have completed the [Green Hope Athletic registration](#) process online and have all applicable medical paperwork on file. Including a current physical on file with the Athletic Trainer, the WCPSS COVID-19 Initial Screening Form and an updated medical history form.(All a part of online registration)
4. **Every student athlete planning on coming to tryouts in November, MUST have the following completed:**
  - a. Physical on file following NCHSAA policy for extension
  - b. Updated Physical if it is out of the extension policy
  - c. ALL athletes must have an updated 2020-2021 Health History Form that can be found on page 5 of the Wake County High School Athletic Participation Form.
    - i. **Must be printed, filled out, and signed by both parent and student. The form must be turned in on the first day of workouts.**
    - ii. This can be submitted through email: [cwilliams@wcpss.net](mailto:cwilliams@wcpss.net) or through registration.
  - d. Reference for physical extension Policy.

<b>Date of Current Physical</b>	<b>Requirement for 2020-2021</b>
Prior to 03/01/19	Need valid, up-to-date physical prior to participating.
On or after 03/01/19 through 05/01/20	Granted a temporary extension to participate through the end of the 2020-2021 academic year.
On or after 05/02/20	Will participate based on the current policy of being “valid for 395 days”

5. **Swim Team Tryouts - DATE STILL TBD** (on/after Nov. 23)

# GHHS SWIM & DIVE 2020 - 2021

## 6. Dive - TBD

## 7. Suits - All American Swim; required for meets

## 8. Q&A

### a. Will there be cuts?

- i. At this point, I am not sure what our season will look like in terms of allowances on athletes per team. I have an inclination that this year, the county/TAC may have rules around how many swimmers can participate in meets, in which case, we will have cuts between JV and Varsity. Depending on numbers allowed to practice at TAC, I am hopeful that we can have a JV team, although they may not be allowed to participate at meets like in the past.

### b. What is the cost?

- i. As always, there will be a team cost to participate on the swim and dive teams. We do not have those budgets yet, but I have been informed that this year we might have a misc. fund that accounts for the facility losses they would normally receive from meet fees.

### c. Who can come watch the meets?

- i. No word on spectator access yet, but I will update you as soon as we hear. As always, student safety is first and foremost, and we are trying our best to allow for sports to continue, even if that means no/limited spectators.

### d. When will we start weightlifting?

- i. Lifting is an important aspect of swimming and diving, as we need to build strength outside of the pool to enhance our performance in the water. However, with the tight restrictions this year from Wake County, and the limited areas we have to use, at this time, we will not be doing any weightlifting as a team.
- ii. If you have access to a gym or weights, I would highly encourage you to start (if you have not already) working on building your strength. I have a spreadsheet of workouts to get you started, but also recommend several users you can follow on IG for some guided workouts as well!