

DDHS
2016-2017 High School Swimming

Important Dates:

November 14th 3PM 1st Practice You must be cleared by the activities office to practice. Go see Stephanie today!

Tryout week

November 14th – 18th 3-5PM **all swimmers**

Swim Meets:

12/9 @ Clackamas WU 3PM 4PM
12/15@ Barlow WU 3PM 4PM
1/05 vs OC @ DD WU 3PM 4PM
1/12 vs RHS @ DD WU 3PM 4PM
1/19 vs CHS @ DD WU 3PM 4PM
1/26 vs CC @ DD WU 3PM 4PM
2/2 vs GHS @ DD WU 3PM 4PM

Districts Feb 10-11

State Feb 17-18th

Practice Times

Varsity: Monday – Friday 3-5PM

Junior Varsity: Monday, Tuesday, Friday 6-7AM and Wednesday 7:30-8:30AM

Varsity Practice Squad: (Does not mean that you are going to do all Varsity Races)
Top 36 swimmers based on commitment, experience, times and fitness.

Junior Varsity Practice Squad: (Swimmers in this group will be considered for Varsity Events) These swimmers can be moved up to the Varsity Practice Schedule during the season if they meet the attendance standard and are demonstrating swim times and proper conditioning.

Attendance Standard

100% of swim practices Each swimmers is allowed one excused absence every two weeks. Make up practices will be offered in the morning for those that have more than one excused absence. One unexcused absence or failure to make up an excused absence will result in losing your varsity spot for one week. If you have more than 3 unexcused absences within the season you will lose your spot on the team.

Thanksgiving week.

We will practice, Wednesday after school, Thursday Morning and Saturday Morning. Varsity swimmers are expected to make two practices out of the three offered.

Winter Break Schedule:

We will hold practices Monday – Friday (19-23 and 26th- 30th) And Monday the 2nd. Practice times are yet to be determined.