

John Jay Athletics

Women's Swim & Dive Team



Dear 2019 Swimmers & Divers:

I hope this letter finds you all in good health and enjoying your summer vacations. This letter will hopefully guide your summer plans as we come closer to opening another season of swimming & diving. This varsity season will begin **MONDAY, AUGUST 19th**. Practices will begin outdoors at the Lewisboro Town Park from 4:45 pm to 6:15 pm Monday through Friday through September 14th.

You are responsible for reporting to all practice days unless you have notified me before the start of the season with possible conflicts. The team will move to indoor facilities beginning September 16th. This year we will be swimming at **SUNY Purchase**. Transportation to SUNY Purchase will be provided by the school district. All members of the team are expected to travel to and from practices via school bus. If you will not be taking the bus to AM practices, please let me know. Students cannot drive themselves (or others) to practices at SUNY Purchase. Practices are scheduled from **5:30 AM to 7:00 AM** the bus will be at the high school at 4:50 am and will return to school in time for the school day.

If there are any changes in practice times, they will be posted on the athletic calendar and Sports You.

In order to be eligible to tryout on August 19th, you must register on-line through Family ID and submit a current physical to the nurse's office on or before August 7th. Physicals dated before 08/01/2018 are not current and will not be accepted. Registration on Family ID opens July 19th. Often student-athletes wait until the last minute to schedule an annual physical exam with their family doctors. Please make sure yours is done before August 7th to be eligible for the team. No exceptions are to be made.

Please do not forget to spend some time getting in shape before that start of the season. Stretching and light weights can be used for dry land work to build and stretch your muscles and don't forget the pool. A stationary bicycle, zumba or yoga classes will assist in developing a strong core. I look forward to seeing you again as well as another successful high school swimming and diving season. We will be again competing with fellow Section One powerhouses of Horace Greeley, Pelham, Bronxville, Ursuline, Fox Lane, SHEDI and BWPV. In addition, John Jay will host the 2019 Conference championships at The Boys and Girls club in Mt Kisco on October 26th. Enjoy your summer months and I look forward to seeing you on the 19th.

Best Wishes for an Enjoyable Summer.

Coach Kaplan

Coach Panzarino