

Tentative Schedule of Events

Early October	Students interested in swimming on the SBHS Swim Team should listen for announcements for information about signing up!
Oct. 30th	Initial women try-outs are held.
Oct. 31st	Initial men try-outs are held.
Nov. 5th	Initial Team Roster determined.
Nov. 7th	Parent-Athlete Sports meeting (must attend).
Nov 12th	Final Team Roster determined.
After Nov 13th	Swim Meets begin.
Note:	his tentative schedule is subject to change!

Important Notes

This is NOT a “learn to swim” program. Rather, it is a program of competitive swimming that strives to make you faster in one or more of the 4 competitive strokes. Due to the limited pool time and space, try-outs and possible cuts are necessary to put the best team in the water. Previous competitive swim experience goes a long way in helping you make the team! With that said, some swimmers come out for the team with little or no competitive training and do quite well! Before the season begins, you should be exercising and viewing swimming videos from the internet. Watching the best do it right will make you better!

Swim Meet Schedule 2023-2024

The rest of the schedule will be available sometime after October 1st

Feb. 1-3	Th./Fri./ Sat.	Eastern Regional Swim Meet –Cary, NC	TBA
Feb. 8- 10	Th/Fri./ Sat.	State Swim Meet-Cary, NC	TBA

***PIRATE Swimming
Life in the FAST lane!***

The **SWANSBORO** **High School** ***Swim Team***



***...Can't hide that
PIRATE pride!***

Team Philosophy and Major Emphasis



Members of the Swansboro Swim Team are encouraged to do their best both in the swimming pool and in the classroom. Swimming success is not measured just by winning, but more in individual improvement. Classroom success is no accident. Swimmers have to make an effort to do their best every day. To that end, release time from practice can be arranged ahead of time with the coaches if time after school is needed to get extra help from teachers or to make up missed work.

Being good at anything requires determination and dedication and we are hoping that individuals with those qualifications will join the swim team. You will be surprised by the friendships that you will make, the fun you will have, and the encouragement that you will receive from the coaches and fellow swimmers. Part of what makes Swansboro great is the swim team! So, come join the TEAM! To win a Coastal Conference Championship will take a concerted effort by EVERYONE!

Coaching Staff

Mr. Scott Evans (swimsuits@aol.com)

Mr. Matthew Prane

Ms. Christina Taylor (chrissy.taylor@onslow.k12.nc.us)

Ms Amy Sauls (amy.sauls@onslow.k12.nc.us)

Practice Information

Location: Cape Carteret Aquatic Center
300 Taylor Norton Road, Cape Carteret

Time: 3:20 pm – 5:00 pm
Nov.: Monday-Thursday
Dec., Jan. and Feb.: Mon, Tues, Thurs.
(Some Wed, Fri and Sat. will be used for Meets)

What It Takes to be a PIRATE Swimmer...

You are required to:

- ☑ **be able to swim at least one lap of ANY of the four competitive strokes:** Backstroke, Breaststroke, Butterfly, or Freestyle (In freestyle, you should be able to keep your face in the water and breathe to the side).
- ☑ completed all required paperwork, including a physical, (the paperwork can be found on the SBHS website under athletics) and turned into the coach or Athletic Director before the swimmer will be allowed to try-out.
- ☑ live in the Swansboro district and attend SBHS.
- ☑ not be older than 19 years of age by August 31st.
- ☑ have passed three classes from the previous semester. (Freshman are automatically eligible).
- ☑ have a good work ethic and be determined!
- ☑ try to learn all four competitive strokes and be prepared to attend every practice.

Required equipment for tryouts:

Appropriate practice swimsuit (ladies: one piece competitive swimsuit), swim cap, goggles, towel

Order of Swim Events

200yd Medley Relay	100yd Butterfly	100yd Backstroke
200yd Freestyle	100yd Freestyle	100yd Breaststroke
200yd Individual Medley	500yd Freestyle	400yd Freestyle Relay
50yd Freestyle	200yd Freestyle Relay	