

Cape Coral High School Seahawks Swimming & Diving Team 2024 Schedule (Ver 2)

Date	Day	Event/Opponent	Location	Time	Shirt
7/29-8/2	Mon-Fri	Spirit Week/AM practice	CCHS pool/various places	varies	NA
8/5-8/9	M, W, Th, F	Morning practice	CCHS pool	6:00-8:00am	NA
8/12	Monday	FIRST DAY OF SCHOOL!			
8/5	M, Th, F	Afternoon practices start	CCHS	2:15-4:30	NA
8/12	Monday	Team Suit Orders	Order by phone	10am-6pm	NA
8/12-on	M, W, F	Morning practices	CCHS pool	4:45-6:15am	NA
8/12-on	M-F	Afternoon practices	CCHS pool	2:15-4:30	NA
8/15	Thurs	Parent Meeting	CCHS—Media Center	6:45	NA
8/20	Tues	South Fort Myers	CCHS pool	6:30	
8/23	Fri	Practice then we are staying for the first home Football Game! Team Tailg			
8/24	Sat	SAT Testing date—NO CONFLICTS so register if you need to!			
8/26	Mon	Early Dismissal Day—AM practice ONLY (club kids do PM club practice)			
8/29	Thurs	Ida Baker/Lehigh	CCHS pool	6:30	
9/2	Mon	Labor Day—no school/no high school practice (club kids do PM club practice)			
9/3	Tues	Gateway/Island Coast	CCHS Pool	6:30	
9/5	Thurs	Port Charlotte	Centennial Park Pool	6:00	
9/7	Sat	Shark Relays	FGCU	TBA	
9/10	Tues	Ida Baker/Bonita	CCHS	6:30	
9/14	Sat	ACT Testing date—NO CONFLICTS so register if you need to!			
9/16	Mon	Barron Collier	CCHS	7:00	
9/21	Sat	Tarpon Invite	Punta Gorda	TBA	
9/24	Tues	North FM	CCHS	6:00	
9/27-9/29	Fri-Sun	FSPA	Ocala, FL*Qualifiers only	TBA	
10/1	Tues	Estero	San Carlos Park Pool	6:00	
10/3	Thurs	Rosh Hashanah—no school/no HS practice (club kids do PM club practice)			
10/5	Sat	Pirate Invite	Centennial Park Pool	TBA	

10/8	Tues	Riverdale	CCHS	6:00	
		LCAC	FGCU—Gateway hosts	TBD	
		Blue vs. Orange	Senior Night	TBD	
10/24	Thurs	Districts	Centennial Park Pool	7:00 AM bus	
10/31	Thurs	Regionals	FGCU—Cape HOSTS!!!	8:00 AM	
11/2	Sat	SAT Testing date—NO CONFLICTS so register if you need to!			
11/8	Fri	State Championships	Ocala, FL	TBD	State gear
TBD	TBD	Swim Awards Banquet	CCHS Auditorium	6:00	Dressy

Contact Information

Coaches

Dianne Kimble (Coach T) (239)699-0599 DianneMK@leeschools.net (after hours dtilly71@gmail.com)
 Kristen Tedhams (219)484-7281 KristenLT@leeschools.net

Important Information

- Practice is Mon-Fri from 2:15-4:30. Do not be late. You need to be changed, capped and ready to jump in the pool by 2:14.** Multi-sport athletes will meet with the coaching staff to work out a schedule. **Do not schedule dentist, doctor or other appointments, make up tests, tutoring or work during this time. Study hall time (see #4) can be used for appointments, tutoring, etc.**
- All Meets start at 6pm unless otherwise indicated. We need parents to work meets! It's easy & fun!
- Bus leaves at 4:30pm for away meets during the week.
- Study hall after school on meet days from 2pm-3:15pm. Athletes will be dismissed for lunch at 3:15pm. **Appointments, test make-ups and tutoring should be scheduled during this time to avoid missing practice times. Check in to study hall is required before attending club meetings, tutoring, or make up testing.** Club swimmers may attend practice during study hall; however, if they are not at practice, they will be required to come to study hall.
- **Shark Relays, Tarpon Invite, Pirate Invite, FSPA, LCAC, Districts, Regionals and State are all limited entry or qualifying meets so not all athletes will be able to swim in or travel to those meets. Some regular season away meets will also be restricted in size. We will make every effort to post entries/travel lists in advance.
- If we **host** a **qualifying meet** (see #5), **ALL** athletes are required to attend, **whether swimming or not. Athletes not swimming will work the meet and represent CCHS at the State level hosting this prestigious event! This is a mandatory function for ALL team members. Swimmers that do not attend the event will not be eligible to be considered for Varsity letters. Volunteer hours will be given to swimmers who attend and help work the event if they are not swimming.**
- All swimmers and divers as well as their parents/guardians will be required to sign the 2024 CCHS Seahawks Swimming and Diving Code of Conduct. Conduct contrary to that outlined in the Code of Conduct will result in suspension and/or removal from the team.**