

2018 Indian Hills Swim Team

Please text @ihc to 832-632-4243 for text updates on practice and swim meet information

Dive Team schedule

Intermediate divers (age 7-11): Practice time 09:30 - 10:00 Monday-Thursday

Intermediate divers (age 7-8) - when competing must have two different dives

Intermediate divers (age is 9-10) - your child must compete three dives representing two categories

Intermediate divers (age 11) - your child must compete three dives representing three categories

Advanced divers (age 9 & up): Practice time 10:00 - 11:15 Monday-Thursday

Advanced divers (age 9-10) -these divers compete three dives representing two categories.

Advanced divers (age 11-12) -these divers compete three dives representing three categories.

Advanced divers (age 13-14) -these divers compete four dives representing three categories.

Advanced divers (age 15-16) -these divers compete four dives representing four categories.

Advanced divers (OPEN) -these divers compete five dives representing four categories.

Beginners (age 5-6): Practice time 11:15 - 11:30 Monday-Thursday

Beginner divers (age U-6) -these divers compete two dives (can be the same dive)

Scheduled Dive Meets:

Intersquad Meets will be held every Friday at 10:00 am, with warm-ups starting at 9:00 am.

July 11th: South Central Dive Practice @ IHCC, time TBA

July 20th: South Central Dive Meet @ IHCC, time TBA

Swim Meet schedule

Warm Ups are at 4:00 pm Meets start at 5:00 pm

Date	Team	Location
June 7 th	South Central Relay Meet	Indian Hills Country Club
June 12 th	Hopkinsville Country Club	Indian Hills Country Club
June 19 th	Franklin Country Club	Franklin Country Club
June 26 th	Greenville Country Club	Greenville Country Club
July 3 rd	Bowling Green Country Club	Bowling Green Country Club
July 10 th	Olde Stone Country Club	Indian Hills Country Club
July 11 th	South Central DIVE Practice	IHCC TBA
July 20 th	South Central Dive Meet	IHCC TBA
July 20-22 nd	South Central Championships	Greenville Country Club

Swim Practice Schedule

Practice starts on May 29th

Morning Practice: Monday - Friday

9:15-10:30 am Advanced workout (9 years old & up) see bottom of page

9:45-10:30 am Intermediate (7-11 years) see bottom of page

10:30-11:00 am Beginners (5-6 years) **must be able to swim across diving well freestyle or backstroke****

Afternoon Practice: Monday and Wednesday

4:00-5:00 pm Advanced & Intermediate 4:00-4:30 pm, Beginners no afternoon practices

11:00-11:30 Lil Bitties

Contact information

Head Coach: Dee Wilkins deewilk@twc.com 270-779-3658	Assistant Coach: Caroline Watts cwattsup@twc.com 270-791-7219	Dive Coach: Matthew Atkinson matthew.atkinson@bgreen.kyschools.us 270-791-9542
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**** Advanced group required skills **** can legally swim a 100 IM, *make 5 x 100's freestyle on 2 minutes, and can swim at least a 500 without stopping

****Intermediate group required skills**** can swim 25 yards of freestyle and backstroke without stopping, working on learning breast and butterfly "not legal but close", some experience of practice drills

****Beginners required skills **** must be able to swim across diving well without assistive devices, swim with face in water with alternating arm motions, float on back and kick