

GH Middle School Swim & Dive Club Team 2025-2026

Communication to MS team:

- We will also be sending a weekly communication from Coach Brian or Coach Ferguson with updates/changes for the week (via Grandview Heights Swimming & Diving team unify site & Parent Square messages)
- We will be using the school district Parent Square to message to team members & parents as needed when schedule adjustments or a message we need to get out in a timely manner.

Who is eligible to become a member of team:

- 6th, 7th, & 8th grade Grandview Heights MS students
- Swim Ability - Swim 50 free & 50 back
- 6 x 50 free on a 2:00 minute send off
- Dive Ability- Forward Dive
- Returning 7 & 8th graders have first opportunity due to limits on numbers due to lane space
- Swimmers or divers who practiced and competed on the 2025 Gator swim team.

MS Swim/Dive Team Mission/Vision for student/athletes:

- Continue to grow in the Sport of Swimming & Diving
- Stroke development- in all 4 strokes
- Dive development- approach to diving/ learning the mechanics for required MS dives.
- Become a stronger swimmer & diver.
- Time management- as a student/athlete
- Great Sportsmanship- with peers & opposing teams.
- Accountability to team
- Time management – schoolwork/family/friends'/ practice/competition
- Develop a strong work ethic.

Swim/Dive Practice expectations:

- MS swimmers & Divers are expected to attend all practices. We have 2-3 practices a week, depending on the week and pool availability.
- Arrive to practice on time ready to practice!
 - Wear suit to practice under warm clothes
- Team Members MUST CONTACT:
 - Coach Brian or Coach Clay prior to practice if needing to miss due to one of the reasons below by school district email or Parent Square messaging
 - Illness: Reminder, if not in school the day of practice or a meet- team members are not permitted to practice or compete at meet the day of absence.
 - Swimmers & Divers with known conflicts need to contact Coach prior to season starts.
 - Team members involved in a school academic club, band, or choir conflicting with an occasional practice.
 - Team Members training with a USA /YMCA club swim team or USA Dive team all year round
 - Athletes need to contact (district email is fine) Coach before the season begins to review
 - Athletes need to practice a minimum of 1 day each week with MS team
- ABSENCES are considered unexcused if the swimmer or diver fails to contact Coach prior to the conflict with practice.

Swim Practice:

- Practice Days are posted under MS practice.
- & will be posted on Parent Square Calendar

Dive Practice:

- Practice Days are posted under MS practice.
- & will be posted on Parent Square Calendar

*Ill/sick swimmer/diver:

- Do not send your swimmer or diver to practice if they are ill
- Notify Coach Brian or Coach Clay **prior to practice time** that they are ill
- A follow up email the next day is required to Coach with an update on swimmer's status! (Please cc the swimmer if they have an email address)

- If a swimmer/diver misses more than 1 practice for illness or injury, an MD's note is required. Please email return to practice note to Coach.
- Swimmers or divers with an extended illness or injury do need a note back with instructions for coach – returning to play. Injuries need to be cleared by the District Medical trainer. MD/Medical Care provider notes also need to be sent to the trainer.

Swim & Dive Meet expectations:

- MS team members are expected to swim or dive in all scheduled meets as part of the team.
- The team will compete in ~4-5 regular season meets and MS League Swim & Dive Championships.

Mandatory Sport Participation Forms:

- Updated Physical needs to be on file at the AD's office before 1st day of swim & dive practice.
- SNAP registration (required by all students participating in a Winter sport)
- Registration on Grandview Heights Swimming & Diving Team Unify site (\$250.00 + \$10.00 processing fee)
- Athletes interested in Swim & Dive team – please contact Coach Ferguson at grandviewgatorscoach@gmail.com or by Parent Square to review expectations. (Fee for Swim & Dive = \$350.00 + \$10.00 processing fee)

Team Swimsuit & Gear required:

- Each team member is responsible for purchasing his or her own team suit. Swimmers will need a practice suit for swim/dive practice. Practice suits can be purchased through Swimville USA
- Team suits should be worn only during swim/dive meets.
- Team suit can still be ordered with team discount – At Swimville USA on Bethel Road
 - Team suit - TYR (Navy Hexa style)
 - Swimville USA store manager & our team rep
 - Swimville USA
 - 837 Bethel Rd. Columbus, OH 43214
 - P: 614-591-7946
 - Swimville Welcome letter and order form can be found under MS event & under MS team gear tab on Team Unify
- Please purchase goggles (that fit) to wear during swim practice and meets.
 - Goggles can also be tried on for correct size through Swimville USA

- Vanquishers by Speedo are a great fit for many kids and reasonable priced (junior and adult sizes). Highly encourage a 2nd pair of goggles to carry in swim bag. It can be very stressful for a swimmer if goggles break during a meet and they do not have a back up pair of goggles.
- All swimmers will receive a team cap.

Personalized team caps are available for members to purchase-

- Team cap is white with Navy GH logo (all team members will receive a white cap with GH logo)
- **Personalized Team caps with Last Name** will be available this year for purchase.
 - **Link below for GH Personalized Cap order:**
 - **DEADLINE & Link TO ORDER- TBD**
 - **\$30.00 for 2- personalized caps**

MS Coaching staff:

- Head Swim Coaches-
 - Brian Heilbronner- brian.heilbronner@ghschools.org
 - Susan Ferguson- susan.ferguson@ghschools.org
- Head Dive Coach-
 - Clay White – clay.white@ghschools.org
- Assistant Swim Coaches –
 - Lukas Ecker- ecker.39@osu.edu

Central Ohio Middle School League:

1. Grandview Heights
2. New Albany
3. Delaware
4. Northridge
5. Green Wave- several Catholic Middle Schools combine to make up the Green Wave team.
6. CSG
7. Columbus Academy
8. Wellington
9. Oakstone Academy
10. Lancaster
11. Gahanna
12. Big Walnut

13. Tree of Life