

2025 - 2026

***NORTH FORSYTH HIGH SCHOOL
VARSITY SWIM & DIVE***



INFORMATIONAL MEETING

AUGUST 26TH

6:00 PM

NORTH FORSYTH HS - HUB

Varsity Coaching Contacts:

HEAD COACH:

Lennox Geiger

LGeiger@forsyth.k12.ga.us

northforsythswimming@gmail.com

404-395-4258

Varsity Assistant Coach:

Owen Wickman

f40181@forsyth.k12.ga.us

404-216-7153

Varsity Assistant Coach &

Junior Raiders Coach:

Casey Skeggs

CSkeggs@forsyth.k12.ga.us

Head Dive Coach:

Abby Smith

ASmith@forsyth.k12.ga.us

Important Information

REMIND 101

Text @nfsd25 to 81010 to join

TEAM FEES:

\$750 Varsity Swim (High School practice only/fully)

\$650 Varsity Swim (USA Club Swimmers)

\$650 Varsity Dive

Team Fees cover the cost of:

- Team apparel

****must buy fins, paddles, & snorkel separately****

- Travel to and from away meets

****No transportation to meets at the CAC****

- Travel Meet (includes hotel, transportation, meals)
- Water time at the Cumming Aquatic Center
- End of season banquet & awards
- Swimmers & Divers meet entries/fees
- *\$50 Athletic Fee

REGISTRATION DEADLINE

September 5th by 4:00 pm -

- PayPal: @northforsythswimdive
 - Payment w/ Fee Due:
 - Varsity Swim - \$765
 - Club Swim/Dive - \$663
- Checks to: NFHS Swim & Dive Booster Club Inc.

SWIM TRYOUTS



Monday, October 6th, 2025
Swim - 6:00 AM/Dive - 8:00 PM
Cumming Aquatic Center

REQUIREMENTS:

- Legally swim at least 4 strokes
- Perform legal turns
- Perform legal starts

Pre-season time trials - each swimmer will swim a timed 50 yards of each stroke.

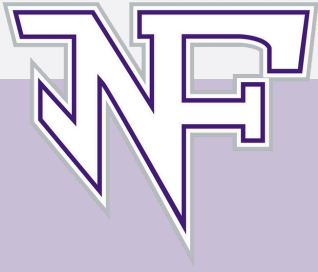
Dive - First practice at 8:00 pm

REQUIRED - Athlete Physicals:

1. Create an account on DragonFlyMax.com "Sign up for FREE"
2. Select GEORGIA and NORTH FORSYTH HIGH SCHOOL
School Code: G8QJWS
1. Fill out forms - Click fill out forms, get started, & START! Complete all forms electronically
2. Upload Physical - You must upload both the physical examination & clearance forms with physician signatures as well as the date of the exam for eligibility. Select "Print Blank Document" to make sure you have the correct pages.
3. Wait for document approval! Check back and make sure your "Prep for 2025 - 26" is GREEN and says "Ready!".

2025 - 26 North Forsyth Swim, Dive & Dryland Practice Schedule

- Pre-Season Weights: Starting Sept 2nd until practice starts
 - Tuesday & Thursday mornings 6:45 am - 7:45 am
- Swim Practice: Monday - Friday 6:00 am - 7:15 am, October 6th - January or early February (for state team)
- Dive Practice: Monday 8-9 pm, Wednesday 9-10 pm, Friday 6-7:15 am



2025-2026 North Forsyth Swimming & Dive Varsity Lettering Requirements

- Make the Varsity Roster
- Swim in at least 7 Varsity meets and/or Dive in at least 5.
- Swim in at least 4 different individual events
- Meet the practice attendance requirements (see below)

Practice Requirements for Lettering

*Swimmers and divers must attend and **BE ON TIME** (being late will result in $\frac{1}{2}$ practice attendance) to 85% of all practices in order to receive a varsity letter.

*On time is defined as in the pool and swimming at 6:00 am

The following excused absences from practice are:

- Attending practice for a year round team (Ex. Gold, Cumming Waves, Swim Atlanta, etc.)
- Are ill (must notify coaching staff)
- An outstanding circumstance (must notify coach staff)

**Most importantly, communicate

ELIGIBILITY:

***All Swimmers and Divers MUST BE TAKING & PASSING 5 CLASSES AT SEMESTER BREAK IN ORDER TO REMAIN ELIGIBLE!!!**

REGISTRATION FORM:



2025-26 VARSITY SWIM & DIVE MEET SCHEDULE

DATE: **MEET:** **TIME & LOCATION:** **HOST:**

SAT 11/1/25	18th Annual Kickoff Invitational - Diving After	11:00 am - Swim @ CAC Dive After	
SAT 11/8/25	Compass Meet - South, East, West	3:30 pm @ CAC Dive Before	
SAT 11/15/25	Tallulah Falls Luau Invite	Travel - Leave 7 am from NFHS NO Dive	
SAT 11/22/25	East Thanksgiving Invite - Diving after	12:00 pm @ CAC Dive After	
FRI 12/5/25 SAT 12/6/25	Forsyth Central Holiday Invite	Dive - Fri, 7:00 PM Swim - Sat, 11:30 AM	
SAT-SUN 12/20-12/21/25	Dalton Winter Invite (Dive Included)	TIMELINE TO COME	
SAT 1/3/26	Lambert January Invite	12:00 PM - Swim @ CAC Dive Before	
FRI 1/9/26 SAT 1/10/26	West Forsyth Winter Classic	Dive - Fri @ 7:00 pm Swim - Sat @ 12:00 pm	
SAT 1/17/26	East hosted - Quad Meet - Diving Before	5:15 PM - Swim Dive Before	
SAT 1/24/26	Forsyth County Championship	7:00 am @ CAC All Day	
Feb	State Championship	Dive @ West Minister Swim @ Georgia Tech	

***All times for warm ups and meet starts are subject to change.
Please always keep up with team communication.**