

Ravenwood Swim & Dive Team Information for 2025-2026

Tryouts

There are no formal tryouts. The only requirement is that a swimmer be able to complete 2 laps of freestyle. Questions should be directed to Coach Matthew (615-972-4655)

Sports Physicals

A sports physical will need to be submitted to ravenwoodraptorsswim@gmail.com by September 28th. As a club sport we do not have access to Final Forms.

Swim Practices

High school practices will be held at the Indoor Sports Complex (ISC), 920 Heritage Way, Sunday-Thursday afternoons from 3:30-4:30 pm beginning September 29th. Year-round swimmers continue to practice with their club teams during the high school season. However, they are always welcome at any high school practice and are highly encouraged to attend at least one Sunday practice per month.

Diving

We are also looking for divers! If you are a diver, former gymnasts, or have an interest in diving please reach out to ravenwoodraptorsswim@gmail.com.

Meet Schedule (subject to change; exact times TBD)

October 23rd @ Ensworth (after school) (Ensworth changed the dated of this meet)

November 15th vs. MBA & Harpeth Hall @ Centennial Sportsplex

November 30th @ ISC

December 12th- Williamson County High School Championship @ ISC (after school)

December 21st- 2nd Annual Battle of the Woods Sprint Championship @ ISC (afternoon)

January 11th- Battle of the Woods vs. Brentwood (Senior Meet) @ ISC (afternoon)

January 23rd- MTHSSA Region Championship @ Centennial Sportsplex (all day)

February 6th & 7th- TISCA State Championship @ Centennial Sportsplex

Apparel, Suits and Caps

Swimmers will receive a silicone cap and t-shirt as part of the registration fee. Other apparel will be available for purchase.

Website, Ravenwood Athletic App & Social Media

Website: <https://www.gomotionapp.com/team/tnrhs/page/home>

App: Ravenwood Athletics in the App Store- <https://qrco.de/RavenwoodRaptors>

Instagram: @raptors_swim

Facebook: @ravenwood.high.school.swim.team

Cost:

\$500 for the 2025-2026 season