

# Battlefield Swim & Dive

## Interest Meeting

### 2025 – 2026

#### Swim Tryouts:

Monday, November 10<sup>th</sup> Start time 7:30 @ Freedom Center.

- Monday Nov 10<sup>th</sup> Girls 100 Free & 100 Butterfly
- Tuesday Nov 11<sup>th</sup> Boys 100 Free & 100 Butterfly
- Wednesday Nov 12<sup>th</sup> Girls 100 Breaststroke and 100 Backstroke
- Thursday Nov 13<sup>th</sup> Boys 100 Breaststroke and 100 Backstroke

*\*\*\* We try to accommodate year round swimmers by giving them the option to compete in all four events in one evening. However, this needs to be approved by the coaches prior to tryouts.*

*\*\*\* Times from club meets and past high school seasons will not be considered for selection purposes. All times must be swum during the tryout process for the BHS coaches.*

#### Dive Tryouts:

Monday, November 10<sup>th</sup> – Monday, November 17<sup>th</sup> @ PWCS Aquatic Center, Colgan HS.

- Monday Nov 10<sup>th</sup>: 4:05 – 5:25 pm – all attend, only returning divers on boards
- Wednesday Nov 12<sup>th</sup>: 4:05 – 5:25 pm – all new divers
- Thursday Nov 13<sup>th</sup>: 4:05 – 5:25 pm – all new divers
- Monday Nov 17<sup>th</sup>: 4:05 – 5:25 pm – all new divers

Tryouts will be held from Monday, November 10 through Monday, November 17. All divers trying out will be required to attend on Monday the 10th, however only returning divers with 6 or more dives and club divers that have a competition ready list will be required to dive on Monday. Everyone else will be observing. The remainder of the tryouts will be for new divers, club divers or returning divers with less than 6 dives.

Every interested student will be required to complete the online form so that the dive coach can understand how many divers will be trying out. We will forward the link to every student interested in diving.

Link: <https://forms.gle/Qn8DFQwmQG9dZhwc8>

#### Tryout Eligibility

All athletes must be approved to tryout in Arbiter BEFORE the first day of tryouts. This means all documentation must be accurately completed and uploaded no later than Thursday, November 6<sup>th</sup>. This is taking place of the yellow card / blue card system used in years prior.

Parents must create the account and list their student. Students must complete the online athletic registration, including concussion training. The link can be found on the Battlefield High School website by navigating to 'Student Activities' > 'Athletics'

Here is the link: [https://battlefieldhs.pwcs.edu/athletics\\_and\\_activities/athletics/index](https://battlefieldhs.pwcs.edu/athletics_and_activities/athletics/index)

Please make sure you have Swim & Dive selected as a sport on your account, otherwise you will not show as approved on the coaches end. If you do not show on the Swim & Dive list as approved on the day of your tryout – you will not be permitted to try out.

### **Team Selection**

- Swim selections should be announced between Nov 14 and Nov 16.
- Dive selections will be announced the evening of Nov 17.
- Anticipated swim team size of 23 – 26 swimmers per gender
- Anticipated dive team size of 4 divers per gender

*\*\*\* It is highly recommended that you be in shape for tryouts. Only tryout times are counted for selection. Remember: no previous high school, summer league, or club times can be used.*

***First day of practice for swim*** is Monday, November 17

***First day of practice for dive*** is Tuesday, November 18

### **Registration & Dues**

BHS Swim & Dive relies on dues to operate. Dues cover the cost of pool time for practices (4 lanes, 90 min each practice), all meet costs, one team t-shirt per swimmer, one silicone cap per swimmer, team equipment used for meets, etc.

Dues for the 2025-2026 season will be **\$230.00** per swimmer. All dues must be paid in full within 1 month of the start of the season, no later than December 17<sup>th</sup>.

*\*\*\* Note: some swimmers from last year still have outstanding dues owed. All athletes must be paid in full before tryouts in order to be permitted to tryout for the 2025-2026 season. The head coach will contact those parents directly after this meeting.*

### **Spirit wear & Team Uniform**

Athletes are expected to purchase individual uniforms (swim suits) from the designated vendor, to be shared with selected athletes after tryouts. \*Note: Club Team apparel & equipment is not permitted at any swim meets/competitions, including bags, caps, suits, shirts, etc.

In addition to suits and caps, there are several other Battlefield apparel items that are available for purchase. Typically, we carry backpacks, hoodies, shorts, sweatshirts, pajama pants, and warm-up suits all with the Battlefield logos. The best part is that a percentage of the proceeds go back to the team.

### **Attendance Expectations**

Battlefield Swim Team will practice Monday through Thursday from 7:30- 9:00 with all practices held at the Freedom Aquatics & Fitness Center. All practices are mandatory for non-club swimmers unless excused by one of the coaches. Illness, academic matters, and conflicts with other school sponsored activities will be considered “Excused Absences” and will not affect attendance requirements. All absences MUST be communicated to the coaching staff 3 days in advance of the absence except in the case of illness.

The Dive practice schedule will be communicated by the Dive Head Coach, Angie Baker. Practices take place at the PWCS Aquatic Center, Colgan High School.

## Season Schedule

The season schedule is outlined below. Swimming & Diving is a varsity sport and requires a high level of commitment and dedication by all athletes and parents, so the coaches ask that you review the schedule and agree to commit to making swim & dive a priority prior to trying out.

### Swim Schedule:

- Monday, November 17 – first day of practice
- November 26-27: No practice, Thanksgiving
- **Friday, December 5<sup>th</sup>, 5:00 pm: Swim Meet vs OP**
- Thursday, December 11<sup>th</sup>, 2:15 pm: Team photos
- **Saturday, December 13<sup>th</sup>, 1:00 pm: Swim Meet vs Gainesville & UR**
- **Friday, December 19<sup>th</sup>, 5:00 pm: Swim Meet vs Independence**
- **Saturday, December 20<sup>th</sup>, 6:50 am (prelims) / 5:00 pm (finals): Cardinal Classic**
- December 24-25: No practice, Christmas
- December 31: Practice time subject to change - TBD
- **Friday, January 2<sup>nd</sup>, 5:00 pm: Swim Meet vs Patriot**
- **Saturday, January 24<sup>th</sup>, 5:00 pm: Swim Meet vs Osbourn**
- **Friday, January 30<sup>th</sup>, 4:00 pm: Cedar Run Districts**
- **Saturday, February 7<sup>th</sup>, 12:00 pm: Region 6B Swim (requires qualification, location TBA)**
- **Saturday, February 21<sup>st</sup>, time TBA: Class 6 State Swim Meet (requires qualification, Rouse Swim/Sport Center)**

### Dive Meet Schedule:

- **Saturday, December 6<sup>th</sup>, 10:00 am**
- Thursday, December 11<sup>th</sup>, 2:15 pm: Team photos
- **Saturday, December 13<sup>th</sup>, 10:00 am**
- **Saturday, December 20<sup>th</sup>, 12:15 pm: Cardinal Classic**
- **Saturday, January 3<sup>rd</sup>, 10:00 am**
- **Saturday, January 10<sup>th</sup>, 10:00 am**
- **Saturday, January 24<sup>th</sup>, 10:00 am**
- **Thursday, January 29<sup>th</sup>, 3:00 pm: Cedar Run Districts**
- **Friday, February 6<sup>th</sup>, 10:00 am: Region 6B Dive (requires qualification)**
- **Friday, February 20<sup>th</sup>, time TBA: Class 6 State Dive Meet (requires qualification)**

*\*\*\* We recognize that there will be some conflicts in early December with club championship meets. For this season, we will need to work through this and will excuse club swimmers from HS meets. However, if a swimmer participates in prelims for a club championship meet, but does not qualify for finals, they will be expected to compete in a high school meet later that day. High school meets in January through the State Meet in February should take priority over club meets. Swimmers that have club championship conflicts must advise the coaches during the first week of practices.*

### Transportation

There is no team provided transportation for any practices. There is no team provided transportation for most

meets (exception: States). This year we have no travel meets scheduled and all of our dual meets will be held at the PWCSAC (Colgan H.S). Swimmers and Divers should plan their own transportation to practices and meets.

## **Website**

[Battlefieldswimming.com](http://Battlefieldswimming.com) – This is our main site and is where you can find information on the team. Information in the process of being updated for 2025-2026 season.

## **Coach Bio's**

### **Jessica Dehn – Head Coach**

Jessica is an alum of the BHS Swim & Dive program (class of 2011) and is thrilled to be returning to Battlefield as Head Coach! She brings 17 years of experience in coaching both summer & club swim teams and teaching swim lessons. Growing up, Jessica swam locally for NCAP and the Piedmont Tsunamis – also the first team she coached for! Most recently, she has returned to coaching the Piedmont Tsunamis as the Assistant Head Coach.

Jessica is a proud alum of Virginia Tech (bachelors – Go Hokies!) and the University of Akron (masters). She currently works full time as a manger with Loudoun County Parks, Recreation, and Community Services. In her spare time, she enjoys reading, spending quality time with friends & family, and is an avid Disney fan. She looks forward to getting to know & work with the students on this years team!

### **Chase Miller – Assistant Coach**

Chase is an alum of the BHS Swim & Dive program (class of 2021) and is excited to be returning to Battlefield as an Assistant Coach! She brings 7 years of experience in coaching swimmers ages 3-18. Growing up, Chase swam locally for NCAP, OCCS and the Dominion Valley Sharks – also the first team she coached for! She grew as a coach with DVCC, eventually serving as the Head Coach for the summer in 2023.

Chase is working toward obtaining her bachelors through ASU online. She currently works full time as a Shift Supervisor with the Starbucks Coffee Company. In her spare time, she enjoys reading, cooking, and spending time with her husband and family. She looks forward to watching everyone's progress over the season!