

## Basic Guidance for High School Swimmers and Divers

Information is usually available in the fall through announcements at each high school and the middle schools for 9<sup>th</sup> graders. For information before that time or to be sure you school swimming and diving tab at left on this website (the high school address). email

High school pre-season begins in October and runs through mid-November when regular season begins. The season ends in February with championships (or March for athletes who qualify for districts and states). For athletes new to the sport, the high school team is typically enough. For those who would like more competition opportunities, our community dual meet team, CBST-SAL (which includes CB Diving) is available. Divers and swimmers participating with their high school teams may sign-up at no charge to participate in meets with this team. There are no practices available to our high school participants, just meets, as practice is done exclusively with your high school team. Please email me at [jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org) by August 15<sup>th</sup> if you would like to do that this coming season.

For more experienced swimmers who would like high level USA Swimming practices in addition to their high school team, CBST-USAS is the option we have available. If you would like to join this team, please visit the team website [www.cbswimanddive.com](http://www.cbswimanddive.com) for more information.