



Pocono Mountain West High School

Athletic Director Michael DeGrosso

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BOYS & GIRLS SWIM TEAM

Coaching Staff

Head Coach: Jen Pero - jpero@pmsd.org

Coach Marco Jaimes - mjaimes@pmsd.org

Coach Anthony Pecorale - apecorale@pmsd.org

We want YOU



Come join the Swim Team, it's a fun filled memorable experience! Meet and make new friends. Get your fitness level up, learn stroke and skill technique and make new goals. The season goes from October-February. We practice Monday-Saturdays.

*There will be obstacles.
There will be mistakes. There will be doubters.
But with hard work, there are no limits."
- Michael Phelps*

I want to Join



Great! Follow these steps to join
Sign up on www.familyid.com and have a completed physical in order to try out. Listen for announcements the school offers free physicals throughout the year! Once that is complete show up on the first day of tryouts!

Link for physical papers

<https://www.pmsd.org/Page/1364>

NOT SURE? Try Intramurals first they start in September

Announcements!

Stay in the know! Don't miss a single announcement. Sign up on Remind to stay up to date with all Swim Team information. Go to the following link to sign up.

<https://www.remind.com/join/882cae>

Check out our Instagram [@pmwestswim](https://www.instagram.com/pmwestswim)

