Pocono Mountain West High School

Athletic Director Stephen Tomaszewski

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BOYS & GIRLS SWIM TEAM

Coaching Staff

Head Coach: Jen Pero - jpero@pmsd.org
Coach Marco Jaimes - mjaimes@pmsd.org

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

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.

I want to Join



Great! Follow these steps to join
Sign up on ArbiterSports Login
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**