

# **Pinecrest Swimming**

## **Patriot Swimming 2023/2024: All the Important Info!**

**Interest meeting for PHS swim team will be held on Wednesday, Oct 11th at 7:45-8:20 am in the library**

### **Prior to Participation**

**In order to participate, the student athlete and parent/guardian must complete the Big Teams/Planet HS account & be approved before attending any sessions.** For your awareness, there is a new sports physical form from the NCHSAA. Be sure all physicals are completed on this form.

You can find the NCHSAA Physical form [HERE](#)

The Big Teams/Planet HS website is [HERE](#)

### **Official Season Practice Schedule**

#### **Official Season:**

### **Season Schedule PHS Swimming**

### **Competition Schedule PHS Swimming (2022 season)**

Dec 7	Scotland, Hoke & PHS @ St Andrews - 6:15 pm
Dec 14	UP & PHS @ St Andrews - 6:15 pm
Jan 11	Richmond, So Lee, & PHS @ St Andrews - 6:15 pm
Jan 18	Lee, & PHS @ St Andrews - 6:15 pm
Jan 28	SAC Conference Championship @ St Andrews - 6:15 pm
Feb 3/4	NCHSAA Regionals (Time and Location TBA)
Feb 10/11	NCHSAA State (Time and Location TBA)

\*Warm Ups at 5:45 pm

## **Team Remind**

To join our Athlete and/or Parent Remind Group, please text your name and cell number to:  
Coach Ed Hill (910-691-2616)

**\*This is key to staying informed. This is how we communicate, and share announcements on a daily basis.**

## **Patriot Swimming Team Gear**

### **Coaching Staff**

#### **Head Coach**

Ed Hill

e.hill@lpl.com

910- 691-2616 cell

#### **Assistant Coaches**

Val Harris