



Woodside Swimming and Diving 2018-2019

Coach Carol Prentiss: carol.prentiss@nn.k12.va.us
Coach Brian Duong Coach David Reed

Visit the Woodside High School Athletics page
to download the current VHSL Physical Form to take to your doctor.
Your physical will be good for all sports and conditioning during the 2017-2018 school year.
No Physical...No Conditioning...No Try-out

Woodside Swimming and Diving is a Winter Sport. (November - February)

Watch out for the Information Meeting in October. Try-outs will be the second week in November.

Swimming Practice: Monday - Friday at Midtown Rec. Center. 3:00 - 5:30 (There is a bus to take you to practice and home.)

Try-outs will be based on you 50 Freestyle time.

Diving Practice: 3 days a week starting at 4:30 - 6:00. (Divers can ride the swimming bus to the pool, but there is no transportation home.)

No experience necessary to try-out for diving, we will teach you what you need to know.

