

SPARTAN SWIMMING & DIVING

MILTON
HERSHEY
SCHOOL®

SWIMMING & DIVING YEAR AT A GLANCE

Milton Hershey Swimming & Diving competes in the Mid-Penn Conference Keystone Division in PIAA District III, 2A Classification.

Fall Season (September to October)

- Stroke technique training during after-school swim & dive clinic

Winter Season (November to March)

- Daily practices after school
- League and non-league meets
- Multiple annual invitationals
- Mid-Penn Championships and PIAA District III Championships, and PIAA State Championships for those who qualify

Spring Season (April to June)

- Weekly swim & dive clinic, including dryland training
- Select athletes can attend a swim & dive camp held at a local college or university
- Athletes can train and work as a lifeguard on campus during the summer. MHS provides required lifeguard certification.

SWIMMING & DIVING FACILITIES



- Copenhaver Natatorium (indoor pool): A 25-yard, 6-lane pool with movable wedge blocks, separate diving well with two 1-meter springboards, and VASA trainer on deck
- Middle Division: A 25-yard, 8-lane pool
- Elementary Division: A non-competition pool is available for swim program lessons
- Community Recreation Center (outdoor pool): A 25-meter, 8-lane pool with 3- and 1-meter diving boards, slides, and other recreational features
- Indoor fitness facilities include multiple weight rooms, and a cycling room
- MHS Athletics Media Room for watching game film, holding team meetings, and conducting classroom-style sessions



Camps, club teams, off-season training, and equipment
are included—with all costs covered.



PROVIDED EQUIPMENT

- Swim cap, goggles, fins, kickboards, paddles, and mesh bags
- Meet swimsuit, practice tech swimsuit for championship meets, and swim bag
- Warm-ups, team t-shirts, and pool deck shoes
- All equipment costs are covered, including quality brands like Nike and more

MEET THE COACH



- **MHS Varsity Head Coach Heather Dougherty** was named head coach in 2017.
- Prior to MHS, Coach Dougherty swam at Millersville University and went on to coach various swimming programs and age groups.
- The entire coaching staff builds a unique practice model that incorporates foundational skills, technical instruction, and team strategy.

DEVELOPMENTAL PROGRAMS

- Elementary Division: Swim lessons during school and open swims for student homes
- 5th/6th Grades: Swim clinics (Winter)
- 7th/8th Grades: Swim clinics and practices (Winter)
- Middle Division: Competitions held against other Junior High swimmers

PROGRAM ACCOMPLISHMENTS

- 1982-83: Central Penn Aquatic League 1st place
- 1990-91: Boys Mid-Penn Championship 1st place Division II
- 1991-92: Boys Mid-Penn Championship 1st place Division II
- 1992-93: Boys Mid-Penn Championship 1st place Division II
- 1993-94: Boys Mid-Penn Championship 1st place Division II

NOTABLE ALUMNI

- Kara (Bailey) Yoder '06
- Ryan Blom '15 | Georgetown University



Scan the QR code or visit mhskids.org/athletics to learn more. Contact Special Talent Admissions Counselor Rylan Good at goodry@mhs-pa.org.

