

Big Spring Swimming & Diving Parents' Meeting

2019 - 2020

Wednesday, November 20th

- I. Welcome & Coaches Intro
- II. Specifics about the Program
 - a. Practice times
 - i. Stroke Instruction & Technique
 - ii. Mental Training
 - iii. Goals!
 - b. Length of Season
 - c. Invitationals
 - d. Mid Penn Championships
 - i. Swimming @ Cumberland Valley HS or @ Northern York HS
 - ii. Diving @ Big Spring HS
 - e. State Championships @ Bucknell University
 - f. Meet Line-Ups
 - i. Interests / abilities & goals
 - ii. Practices – who is working hard?
 - iii. Team
 - iv. Invitationals – let kids decide
 - g. Away Meets
 - i. Activity Bus Pass
 - ii. Directions to Events
 - iii. Meals for away meets (\$24, includes Saylor's sub, drink, chips)
 - h. Activity Fee – payable to BSSD
 - i. No competition until it is paid
 - i. Suit Costs
 - i. Girls -- \$65
 - ii. Boy Jammer -- \$58
 - iii. Boy Speedo -- \$45
 - iv. Can be covered completely by fundraisers
 - j. Equipment
 - i. Sweats – wash cold / hang dry
 - ii. Suits – rinse after each use, do not place in dryer
 - iii. Caps & Goggles (at least 2)
 - iv. Water Bottle
 - v. Hat & Coat
 - vi. Swimming Equipment
 - vii. Team Bag/Backpack
 - viii. Locks
 - k. Team Handbook (online under Athletics > Swimming & Diving > Team Info)
 - i. Can be printed if needed
 - l. PIAA Rules
 - i. Events / scoring / event schedule
 - m. Athletic Trainer
 - n. Athletic Boosters – please sign up to help as well as join!
- III. Website
 - a. We will try to keep this as up to date as possible
- IV. Nutrition
 - i. Average swimmers need 5000 calories / day
 - ii. Burns 300-800 calories/hour...most likely on the higher end
 - iii. Potassium
 - iv. SNACKS- healthy

V. Parental Pressure is not Parental Support

VI. Special / Fun Events

- a. Alumni Meet
- b. Christmas Practices
- c. Bulldog Bash
- d. Banquet
- e. All Sports Banquet

VII. Fundraisers

VIII. Miscellaneous

- a. Athletic Boosters
- b. Phone Numbers
- c. T-shirts/sweats

IX. Q &A