

Big Spring Swimming & Diving

Physical / Emergency Contact / Activity Fee Information

- Winter Sports Physicals will be done in the High School Nurse's Office starting at 10:00 AM on **November 6, 2019**.
- Physical packets must be returned to Coach Katora in room 307 by **October 25, 2019 at 3:00 pm**.
The packet includes:
 - PIAA Physical Form (or Section 7 if you participated in a fall sport OR if you had a physical with your own physician after June 1, 2019)
 - Emergency Contact Form
 - Sudden Cardiac Arrest Form
- Activity Fee due **November 18, 2019**. \$25.00 made payable to BSSD. Forms to be distributed by November 8, 2019. Return to Coach Katora in room 307.
- You will NOT be allowed in the water when mandatory practices start if the physical packet is not completed in full by the above dates.

Optional Practice Dates

- Optional practices will be held from 3:00 – 5:00 pm.
- Practices will include pre-season conditioning and team building.
- Dates:
 - **October 17th, 21st, 24th, 28th, 30th**
 - **November 1st, 5th, 6th, 7th, 11th, 13th, 14th**

Regular Season Start

- Mandatory team meeting **November 14, 2019** at 3:15 pm in the LGR.
- Regular season practice begins **November 18, 2019**.
- Report to the pool deck in your swimsuit with cap and goggles ready to practice promptly at 3:00 pm.
- Parent meeting will be held on **November 20, 2019** at 5:30 PM in the Commons.

Other Important Dates

- Thanksgiving Practices:
 - **November 26th, 27th, 29th**
 - **December 2nd**
 - Times TBD
- Holiday Recess Practices:
 - **December 23rd, 24th, 26th, 27th, 30th, 31st, January 2nd** (8:30 am – 11:30 am)
 - **January 3rd** (3:00 pm – 5:00 pm)
- Alumni Meet:
 - **December 20, 2019**
 - Report to the pool by 5:00 pm
- Bulldog Bash:
 - **December 28, 2019**
 - All day event...exact times TBD.
- Fundraiser:
 - Bulldog Bash: Sponsorship & money due to Coach Katora by **December 6, 2019**.
 - We will need all literal hands on deck to volunteer for this event.
- Spirit Wear Orders and payment (Checks to Big Spring Swimming & Diving) due by **November 8, 2019** to Coach Katora.

Big Spring Swimming & Diving

In an effort to save tons of paper, this season, most information on the school district website:

www.bigspringsd.org

On the white tool bar, click on *Athletics* and then *Athletics*. Scroll down to *Winter Sports* on the right hand side and click on *Swimming & Diving*. This will bring you to the Swimming & Diving page. This is where you will find the monthly calendar as well as various forms and other information. These resources currently include our team handbook, various school/athletic policies, team and school records, meet schedule and nutrition information. Additional items will appear as the season progresses. The calendars may be printed from there in a calendar format. Please read the team handbook and various policies that appear in that folder. Once you have done so, please complete the bottom portion of the Handbook signature page by **Friday, November 15th** and return it to Coach Katora in room 307. If you do not have internet access, please let Coach Jarusewski or Coach Katora know so we can provide you a paper copy of these items.