

2019-2020 Fishers HS Swimming/Diving Information

To: Prospective HS Swimmers and Divers

Subject: Starting Information

Date: August 20, 2019

Re: The following is general information to answer questions and to give you an opportunity to stay in the water and/or on the boards!

Athletic Requirements

Athletes must have all digital forms and an IHSAA physical completed and on file in the Athletic Office *before starting any sport conditioning or training. For instructions, view steps 1, 2 & 3 below.

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1. FHS Website – Go to <https://fisherstigersathletics.com/> for ALL up-to-date athletic information, including specific sport pages. Want to receive team alerts via text or e-mail then click on Sign Up For Alerts on the homepage.
 2. Registration/Forms – Once on the website, place cursor on MORE which is located on the task bar. A drop down screen will appear. Choose: Register an Athlete for Sports. The direct link is <https://fishershs-ar.rschoolday.com/oar>
By registering, the athlete will have the following digital forms on file:
 - A. FHS Athlete Medical Information
 - B. Random Drug Testing Consent
 - C. High School Athlete Authorization
 - D. Risk of Injury
 - E. Concussion / Sudden Cardiac Arrest
 3. IHSAA Physical – Form can be found on same page as Registration. MUST be submitted to the FHS Athletic Office as noted above and anytime following April 1, 2019.
 4. Transfers (*New Sophomore, Junior or Seniors) – New athletes to Fishers High School MUST visit the Fishers Athletic Department to complete an IHSAA Athletic Transfer prior to participation.
 5. Starting Dates and Practices – High School
 - A. Parents Meeting – Monday, October 21st at 6:30pm in the FHS Café A. Required meeting for parents of swimmers and divers!
 - B. Girls – 1st practice will be Monday, October 28th from 2:50-5:30pm!
 - C. Boys – 1st practice will be Monday, November 11th from 2:50-5:30pm!
 - D. All information, including team policies, will be distributed on both October 21st or November 11th! Be prepared to swim/dive at all training sessions including those during Thanksgiving and Christmas Break.

6. Switching gears, please remember that you have responsibilities to be eligible academically! Please don't jeopardize anything and take care of your responsibilities this fall and first semester so no one is ineligible after 1st Semester. Grade checks will occur three times first semester! Please take note to SAT/ACT dates so conflicts don't occur with our schedule.
7. "Hello to a new adventure"! But, first, a comment about the past..."You don't let it have any of your energy, or any of your time, or any of your space." Welcome to Tigers20/20! This year, we will lead by COMMITTEE! Working with the Booster Club, Coach Keller will be the Liaison between the Team and the Booster Club. Each Coach will be part of leading one of three committees. Meetings will be scheduled SOON and announced via our Group Me. Once announced, any member of the Team is welcome to attend and participate as they choose. Everyone's voice will be heard! Upon concluding the process then the Coach leading the committee will offer up a decision or direction most widely agreed upon and inform Coach Keller. In turn, Coach Keller will inform the Booster Club and proceed accordingly. Stay tuned...more to come...be ready to be part of finding solutions!!!
8. Swimmers – Hopefully, most of you will consider training this fall prior to the season starting. The following are options:
 - A. Starting Monday, August 26th, we have off-season practices available. Practice will be available M-F. Practice will be 3:10-5:30pm except for Monday, August 26th which will be 2:50-5:30pm. Sessions will include dryland and swimming so be prepared for both each day! Any participant MUST be either registered with FAST or FAST HS Only to participate!
 - B. FAST + FAST HS Only will begin on Tuesday, September 3rd. There will be a parent meeting on Monday, September 9th that a parent MUST attend if swimming with FAST. The meeting will be from 6-7:30pm in the High School Café A. Registration information can be found on the website at www.fasttigers.com I strongly recommend this for anyone who is not in a fall sport.
 - C. For those of you not wanting to do the above or those of you in fall sports, I will be communicating individually over the next two weeks so we can accommodate for your schedule or needs and so you can stay connected up until the start of the High School season.
8. Divers – Options:
 - a. Coach Russ has club diving practice available. See him for details!
 - b. New participants see Coach Russ for details and information!
9. Questions? Please let me know!

Coach Keller