**WISSAHICKON GIRLS SWIMMING 2023-24**

Laurie Hug, Head Coach

Bart Schneider, Assistant Coach

By Friday 11/17 all swimmers must have given the following completed forms to the Athletic Office: eligibility and recertification or physical. (Those who participated in a fall activity need the recert while others need the physical.) You may NOT practice without a completed recert/physical form. Please return both of these forms to the Athletic Office PRIOR to 11/17 as you are not allowed to practice without these. Forms can be found in the Athletic Office or online at [www.wissahickonathletics.org](http://www.wissahickonathletics.org) under 2021-22 Athletics Information.

By Wednesday 11/22 all swimmers should have completed and handed in to the coaching staff: The 2023-24 team agreement (to be signed by both athlete and a parent), goal setting sheet, and background info. These can be found on the Girls’ Swimming page on the Wissahickon Athletics website under “Team Files”.

All swimmers must be added to our HUDL swim team list to receive info from and communicate with the coaches. Email and phone calls are not permitted between the coaching staff and athletes. We also need email addresses of parents/guardians.

We have eleven dual meets currently scheduled with our first one being against CB West at home on 12/7. Home meets start at 3:30pm after warm-up. A bus for away meets will typically pick the team up outside of the natatorium at 1:45pm after a 1:30pm dismissal from classes. The League Championships anticipated date is February 10th. Girls’ Swimming Districts are scheduled for February 23rd and 24th at York YMCA. PIAA State Championships are scheduled for March 13th and 14th at Bucknell.­­­­

The tentative practice schedule is:

MWF: weight room 3pm-4:15, swim 4:25-6pm

T/Th: swim 3pm-5pm, dryland on deck till 5:30pm

Sat and holidays: 7:30am-10am

Meet days (Tues and Fri): 5:55am-7am

\*This schedule is subject to change

Team suits have been ordered and swimmers split the cost of the suit with the school. This typically is $25-$35. We have an online store for spirit wear that will be open through 11/26: <https://runaroundinc.tuosystems.com/stores/2023whssd>.

Expectations: support teammates; communicate with teammates and/or coaches if there are any problems; be on time to practice; respect your teammates, coaches, officials, and opponents; work hard in school and in the pool; have fun!