



## PATRIOT PIONEERS SWIM & DIVE

- Swim Tryouts: 11/8 - 11/11; 11/15
  - Year round / Club (4 or more practices per week):
    - Monday, 11/8, 8-30 - 9-30 pm @ Freedom Center
    - Team Identification with Girls/Boys
  - Girls:
    - Monday, 11/8, practice 4:00 - 5:00 pm @ PWCS Aquatic Center (Colgan)
    - Tuesday, 11/9, time-trials 8:30 - 9:30 pm @ Freedom Center
    - Wednesday, 11/10, practice 5:30 - 6:30 pm @ PWCS Aquatic Center (Colgan)
    - Thursday, 11/11, time-trials 8:30 - 9:30 pm @ Freedom Center
    - Monday, 11/15, Team Identification @ PTHS, 2:15 - 3:15 pm
  - Boys
    - Tuesday, 11/9, practice 5:30 - 6:30 pm @ PWCS Aquatic Center (Colgan)
    - Wednesday, 11/10, time-trials 8:30 - 9:30 pm @ Freedom Center
    - Thursday, 11/11, practice 8:00 - 9:00 pm @ PWCS Aquatic Center (Colgan)
    - Monday, 11/15, time-trials 8:30 - 9:30 pm @ Freedom Center
    - Tuesday, 11/16, Team Identification @ PTHS, 2:15 - 3:15 pm
- Dive Tryouts: TBD
- Coaches:

Head Coach: Lisa Bussian (2026), [bussiae@pwcs.edu](mailto:bussiae@pwcs.edu)  
Asst Coach: Jen Burch (2105), [burchjl@pwcs.edu](mailto:burchjl@pwcs.edu)

### **DUE BY Friday, 29 Oct:**

Mandatory Requirements (check off items as you finish them – turn in when complete)

- Eligibility form (attach the rest of the forms below to this one) – fill out top only
- Physical (completed after 1 May 2021) – multiple places for signatures
- Blue Emergency Card – please remember to sign (parent and student)
- Concussion training: All athletes must complete their online training @ <https://online-concussion.pwcs.edu/> and turn in their signed completion form
- Sign up for email alerts on the Patriot Athletics website ([www.patriotpioneers.org](http://www.patriotpioneers.org))

**Turn in all forms to Coach Bussian (room 2026 or front office (mailbox)) as soon as possible.**

## Other information:

- Team Communication methods:
  - Email alerts at patriotpioneers.org ---- Boys or Girls Varsity Swim & Dive
  - Canvas Team Course - events and results posted, turn in attendance forms, etc
  - Various social media methods thru team members
- Fall sport athletes – turn in blue card and eligibility forms only
- Meets scheduled Friday or Saturday in regular season (December, January)
- Costs/Fees:
  - \$100 (includes t-shirt, cap/chamois) - covers pool time, team purchases, banquet
  - New athletes - shorts, warm-ups (approx \$50) thru Athlete's Mark
  - All athletes - team suit (as needed) thru Riptide @ CPAC
  - OPTIONAL spirit wear thru Athlete's Mark
- No transportation provided to practices or local meets (Freedom, CPAC, Colgan)
- Athletes encouraged to carpool to practices
- Concessions/fundraising/community service: athletes are expected to participate

