



Swim & Dive 2020-2021 Season

Join the Patriot Athletic website: [patriotpioneers.org](http://patriotpioneers.org)



## 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)

Asst Coach: (John) Chris Northrup, [northrj@pwcs.edu](mailto:northrj@pwcs.edu)

Dive Coach: TBD



Swim & Dive Requirements, by Dec 11th:

- Physical (dated after May 1, 2020)
- Concussion Training (online for all)
- Emergency Card

All files, forms and links available on [patriotpioneers.org](http://patriotpioneers.org) website - under 'More' then 'Files and Links'



Label all documents with 'Swim & Dive'

Email all completed documents to:

Mr Qualls: [quallsbj@pwcs.edu](mailto:quallsbj@pwcs.edu)

OR

Drop off completed forms at the front office



## Swim Tryouts:

- Dec 14 - 18
- Time and Location TBD (Freedom/Colgan)
- Time-trials format



## Dive Tryouts:

- Dec 14 - 18
- PWCS Aquatics Center (Colgan)
- 4 divers each male/female per school
- 6 dives from 4 categories



## Swim & Dive Season:

- 6 Meets (Dec 28 - Jan 30)
- Districts?? - TBD
- Region Meet - TBD
- State Meet - Feb 13 - Richmond



Swim & Dive Practice, Monday - Thursday:

- Swim: PWCSAC (Colgan)
  - Mon/Wed - 6:45-7:45 pm
  - Tues/Thurs - 5:30-6:30 pm
- Dive: PWCSAC (Colgan) 4:15-5:15 pm
- COVID screening requirements, etc





## Swim & Dive Additional Info:

- Registration fee
- Uniforms - Riptide (CPAC)
- Spirit wear - online with Athlete's Mark
- All communication thru:  
[patriotpioneers.org](http://patriotpioneers.org)



Swim & Dive Season Changes & Questions

Fill out Athlete Information Form - link in chat  
or here: [Athlete's Information Form](#)