

2022-2023 Fishers HS Swimming/Diving Information

To: Prospective HS Swimmers and Divers

Subject: Call-Out Information

Date: September 1, 2022

From: FHS Swim/Dive Staff

Head Coach Joe Keller

Diving Coach Jimmy Russ

Asst. Coach Alec Haley

Asst. Coach Kris Keller

Asst. Coach Steve Sanchez

Asst. Coach Jeanine Surfus

Asst. Coach Garland Wilson

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. View items 1, 2 & 3 below.

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1. Final Forms: All athletic registration paperwork is digitized via Final Forms. If you have a new student athlete, please create an account to begin the process. Every year, parents must access their child's Final Forms account and verify / update information.
 - a. Step One:
 - i. New Athletes: parent creates an account and completes all steps.
 - ii. Returning Athletes: parent verifies each form in Final Forms
 - b. Step Two: Parent uploads the Physicians Examination page to Final Forms. This may also be turned in to the FHS Athletic Office.
 - c. Step Three: Athlete completes all required forms via Final Forms.
 - d. Final Forms Site: <https://hamiltonsoutheastern-in.finalforms.com/>
 2. Event Link: Fishers HS uses Event Link to schedule athletic contests. After completing your Final Forms registration, you will receive an email that invites you to subscribe to Event Link. By subscribing to a team in Event Link, you will have access to game schedules and receive notifications of cancellations.
 3. 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.

4. Team Communication
 - A. Final Forms
 - B. TEAM ONLY Group Me
 - C. Booster Parent – TBD
 - D. FAST Training Group Page (Coach Keller) – Swimmers
 - E. Coach Jimmy Russ – Divers

5. Starting Dates and Practices – High School
 - A. Parents Meeting – TBD following Booster Parent Meeting.
Required meeting for parents of swimmers and divers!
 - B. Girls – 1st practice will be Monday, October 24th!
 - C. Boys – 1st practice will be Monday, November 7th!
 - D. All information, including team policies, will be distributed the week of November 7th!
 - E. Pre-Season Training Opportunities – FAST / Diving – See Coach!

6. Training Schedule: Swimmers

National	3:15-5:45PM	3:30-5PM	3:15-5:45PM	3:30-5PM		
NAT AM	6:30-8	5:45-8		5:45-8	5:30-7:45	6:30-9:45
Elite	3:15-5:45PM	3:30-5PM	3:15-5:45PM	3:30-5PM		
Elite AM		5:45-8		5:45-8	5:30-7:45	6:30-9:45
Excel	3:15-5:45PM	3:15-5:30PM	3:15-5:45PM	3:15-5:30PM	3:15-5:30PM	
Excel AM			6:30-8			6:30-9:30

7. Training Requirements – ALL scheduled practices are REQUIRED including those during ALL Holiday Breaks! Also, MUST attend 50% of school day to participate. Excusable absences can be waived via the FHS Athletic Director’s. Contact Coach Keller PRIOR to October 24th with any impending holiday conflicts. *Comment regarding # of Training Sessions*

8. Training Equipment Gear – Swimming Equipment can be found on the FAST Tigers Team Page at <https://elsmoreswim.com/teams/indiana/clubs/fast.html>

9. Team Suit – Team suit MUST be purchased via Elsmore at the above-listed website. Boys – Same suit as last year. MUST have prior to Saturday, November 19th – Intrasquad.

10. Team Attire – Each Team Member is required to have the Team T-Shirt. All other Team Attire is Optional! Order information will be shared during the Call-out Meeting with Team Store being open through Friday, September 9th!

11. Meet Schedule – Can be found on the <http://fisherstigersathletics.com> page by placing cursor over the Winter tab and then clicking on Varsity under Boys or Girls Swimming. *Comments regarding Meets!

12. 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. **YOU MUST BE PASSING 70% OF ENROLLED CLASSES!** Please take note to SAT/ACT dates so conflicts don't occur with our schedule.