

2023-2024 Fishers HS Swimming/Diving Information

To: Prospective HS Swimmers and Divers

Subject: Call-Out Information

Date: September 15, 2023

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 IHSAA physical completed and on file in the Athletic Office before starting any sport conditioning or training.

Step One: (PARENTS begin the process)

1. Parents visit the Final Form site to register: <https://hamiltonsoutheastern-in.finalforms.com>
2. New Athletes: parent creates an account and completes all steps.
3. Returning Athletes: parent verifies each form in Final Forms
4. Parent uploads the Physicians Examination page to Final Forms.
5. The physical may also be turned in to the FHS Athletic Office.

Step Two: (ATHLETE)

1. Athlete completes all required forms via Final Forms.
2. Final Forms Site: <https://hamiltonsoutheastern-in.finalforms.com/>

Event Link Notifications: Subscribe to your team in Event Link to gain access to game schedules and receive notifications of cancellations.

Additional Details:

1. 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.
2. 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
3. Starting Dates and Practices – High School
 - A. Parents Meeting – Monday, October 30th
Required meeting for parents of swimmers and divers!
 - B. Girls – 1st practice will be Monday, October 23rd!
 - C. Boys – 1st practice will be Monday, November 6th!
 - D. All information, including team policies, will be distributed the week of November 13th!
 - E. Pre-Season Training Opportunities – FAST / Diving – See Coach!

4. 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

5. 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 23rd with any impending holiday conflicts. *Comment regarding # of Training Sessions*
6. Training Equipment Gear – Swimming Equipment can be found on the FAST Tigers Team Page at <https://elsmoreswim.com/collections/fishers-area-swimming-tigers>
7. Team Suit – Team suit **MUST** be purchased via Elsmore at the above-listed website. Same suit as last year. **MUST** have prior to Saturday, November 18th – Intrasquad.

8. Team Attire – Each Team Member is required to have the Team T-Shirt. All other Team Attire is Optional! Team Store being open through Thursday, September 21st! Link to Team Store can be found here:
<https://bsnteamssports.com/shop/8FPd8mhbFk>
9. 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!
10. 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.