Boy’s Swimming 2013-2014

Preseason meeting:

* Sign in on the attendance sheet so I can put your name on my roster.
* Get all paperwork in to the Athletic office by November 1st.
	+ In order to be cleared medically the following medical information is required:
		- Physical examination, pages B1-B4, which must be dated within the past year.  (We will only accept the NHHS or NJ State Athletic Physical Form)
		- Health History Questionnaire, pages A1-A3, which must be dated on/after 9-17-13.  (We will only accept the NHHS Health History Questionnaire Form)
		- Inhaler Form if an inhaler is required for a medical condition.
		- Epi-pen Form if an epi-pen is required for a medical condition.
		- Diabetic Management Form if an athlete is a diabetic.
		- NHHS Interscholastic Sport (Athletics) & Intramural Consent Form (must be the REV 5/11 Form which is located on the lower right corner of the form).
		- A current ImPACT Test Baseline must also be on file.
	+ Paperwork can be found – <http://www.nhvweb.net/nhhs/athletics/athletic-medical-forms/>
* Impact Testing – Girls, Wednesday, November 6th at 3:00 PM in the media center. Boys, Tuesday, November 12th at 3:00 PM in the media center. (needs to be done once every two years)
* First weeks of practice: Bus leaves from the front of the building at 2:35. Bus will leave without you if you are late.
	+ First day – Friday, November 15th. Conditioning in the pool. Bring suit (a black Jammer will work for the season), goggles, and towel.
	+ Monday & Tuesday, November 18th – 19th. Conditioning in the pool.
	+ Wednesday, November 20th – Time trials
	+ Thursday, November 21st – Time trials
	+ Friday, November 22nd – Time trials. Team roster posted.
* 23 swimmers make the team.
	+ First cuts will be of juniors and seniors with times that will not earn them a varsity letter. This will start first with swimmers that were never on the team, followed by swimmers that have been on the team.
	+ Swimmers can specialize in a specific stroke, so even if they are a slow free style swimmer they will get chosen over another if they swim fast in one of the other 3 strokes.
* Rest of season – Follow calendar