

HIGLEY SWIM & DIVE



1ST DAY OF OFFICIAL PRACTICE AUGUST 24TH

SWIMMING & DIVING

Please have your physical and complete Register my Athlete online before 1st day of practice

(incomplete forms will not be able to swim)

Try Outs & Time Trials for ALL Swimmers 1st week of practice

2:45—5:00 (SWIMMERS MON—FRI & SATURDAY 8-10)

5:00-6:15 (MON—THURS DIVERS) @ WILLIAMS FIELD POOL COACH SPENCER

PLEASE COME DRESSED WITH EQUIPMENT IN A MESH BAG WITH YOUR NAME ON THE TAG & ON EVERYTHING ELSE EVEN GOGGLES

If you have not completed the Concussion Test or the Opioid, they are mandatory , please do so before practice.

On the Higley Athletics page, look on the left side in blue box on the web page it says Brainbook Concussion/Opioid course.
Concussion Link: <https://www.husd.org/domain/3061>

41.2 OPIOID EDUCATION - All student athletes shall complete the Opioid online concussion education course. Student athletes participating in sports as of the 2021-2022 school year shall complete the course. All student-athletes shall complete the course prior to participation in practice or competition.

Important links:

- Register my athlete: <https://www.registermyathlete.com/login/index.php>
- Facebook Page: **Higley Swim-Dive Knights**
- Instagram: **higley.swim.dive**
- Email: **knightsswim00@gmail.com**
- Booster: **Higley Knights Swim & Dive Booster**