



PATRIOT PIONEERS SWIM & DIVE

- Sign up for alerts at patriotpioneers.org ---- either boys or girls varsity swim & dive
- Swim Tryouts: Nov 6 – Nov 13 (Mon, 11/6 – year round, Tues, 11/7 – boys; Wed, 11/8 – girls; Thurs, 11/9 – boys, Mon, 11/13 - girls); Dive Tryouts TBD
- Swim Practices/tryouts:
 - Practices: Mon-Thurs, 5:30-6:30 pm @ Colgan (PWCS Aquatic Center)
 - During tryout week, practices alternate with tryouts: if not trying-out you have practice (Mon-boys, Tues-girls, Wed-boys, Thurs-girls; No practice 11/13)
 - Tryouts: 8:30-9:30 pm @ Freedom Center (tentative)
- Dive practices: Mon-Thurs, 4:00-5:30 pm @ Colgan; meets on Saturdays
- Coaches:
Head Coach: Lisa Bussian (2026), bussiae@pwcs.edu
Asst Coach: Emily (Chef) Stevenson (Cafe Synergy), StevenEB@pwcs.edu
Asst Coach: Molly Groh (Cedar Point), GrohMK@pwcs.edu
Dive Coach: county coach, Stephanie Schaefer

DUE BY Friday, 27 OCT:

Mandatory Requirements (check off items as you finish them – turn in when complete)

- Eligibility form (attach the rest of the forms below to this one) – fill out top only
- Physical (completed after 1 May 2017) – multiple places for signatures
- Blue Emergency Card – please remember to sign
- Concussion training: In-person concussion training is mandatory for all rising 9th graders, new students, and students who did not complete the high school course last year that want to participate in a sport for the 2017-2018 school year.

Concussion training dates/locations (7:00 pm unless indicated otherwise):

Battlefield – 10/25	Patriot – 10/24, 6:30 pm
OP – 11/2	Stonewall - 10/26
Brentsville – 11/1	

Returning athletes must complete their online training and turn in their signed completion form

- Sign up for email alerts on the Patriot Athletics website (www.patriotpioneers.org)
- Fill out registration form on patriotpioneers website (ALL athletes)

Turn in all forms to Coach Bussian (2026) as soon as possible.

Other information:

- Fall sport athletes – turn in blue card and eligibility forms only
- Meets Friday or Saturday in regular season (December, January)
- Registration fee TBD (includes t-shirt, cap for swimmers; shorts for new swimmers)
- No transportation provided to practices or local meets (Freedom, CPAC, Colgan)
- Athletes encouraged to carpool to practice
- Concessions/fundraising/community service: athletes are expected to participate