

# COUGAR SWIMMING

## Fall 2023

Welcome to the 2023 Cougar Swimming Team. On behalf of your Cougar coaching staff, I would like to welcome you to an exciting season of swimming. It will be our team goal to bring a season filled with hard work, success, and fun. You will need to provide your own suit, goggles, caps, towel, and winning attitudes! A few important dates to remember:

**1<sup>st</sup> Team Meeting: Friday July 28, 2023**

3:20 pm in D102

Attendance required

**1<sup>st</sup> Official Team Practice: August 7, 2023**

3:35 bus to pool

3:45-5:30 practice in Palm Island City Pool

**Kick off the season party: Parents and swimmers are invited.** Wed August 30, 2023. This is a potluck. Please plan to attend, meet the coaches and our athletes. More info regarding the party will be handed out at practice.

Contact your coaches at Kim Batina 520-705-6565 or [kbatina@cguhsd.org](mailto:kbatina@cguhsd.org)

Kori Batina 520- 840-2252

Clayton Wright 520-709-4806 or [claybwright@gmail.com](mailto:claybwright@gmail.com)

Each swimmer will be responsible for purchasing their team suit. Below is the link to order your suit-you need to order **3 weeks before the first meet** to get your suit in time for the meet. The first meet will be August 31, 2023.

<https://qteamstore.com/collections/casa-grande-union-1>

If your parents email me, I can send them the link too. Team caps & suits are intended for meet use only. Please be sure to have a practice suit, cap & suit. Girls-you will want to get a one piece, boys-a jammer suit. **Team T-shirts will be provided as well as team caps.**

Transportation to and from the Palm Island City Pool is provided by the high school. All home meets are held at Palm Island City Pool. You will need your own ride home from the pool for home meets because the meets might end after 6:00 pm Activity buses leave Union.

Each swimmer must obtain a **sport physical**. Physical forms are available in the athletic office and the school website. You must also set up your account on "**Register My Athlete**" which is located on the School Website. Attach your physical, birth certificate and other important documents to the site as well.

In addition, each student athlete is required to complete the **online concussion and drug education** course at: [aiaacademy.org](http://aiaacademy.org).

Pay to Play is \$50. Please see Ms. Wagner in the bookstore to pay.