

**2009 – 2010**  
**SAINT URSULA ACADEMY**

**SWIMMING AND DIVING PROGRAM**

**State Champions 1993, 1994 and 1995, State Runners-up 2001**

**Third Place in 2005**

**HOME POOLS** Saint Bernard, Keating Natatorium and Lyons YMCA.

**TEAMS** – We will have one large team and all swimmers and divers will have the opportunity to compete for positions in the various meets throughout the season and the meet levels will be considered Varsity and/or Reserve.

**DRY-LAND CONDITIONING** will be held 3 days a week beginning in early October, 2009 and will continue through Thursday, November 5, 2009.

**IN-WATER CONDITIONING/ TRY-OUTS** will begin on Friday, November 6, 2009.

**STUDENT PARTICIPATION FORMS** are required by July 1, 2009. ***NO FORM IN HAND: NO PARTICIPATION.***

**ATHLETIC TRAINER** – Cincinnati Sports Medicine supplies a trainer during the winter for three days a week after school for three hours.

**ATTENDANCE** – Once the teams are picked, attendance is mandatory for all practices, scrimmages and swim meets. If you believe this will be a problem, please do not plan to attend try-outs.

**PRACTICES** will be held each day after school at Saint Bernard High School. Times may either be 3:30 to 5:30 or 5:00 to 7:00 PM. A schedule change will take place during the Thanksgiving and Christmas holidays and that schedule will be discussed at the November Parent/Student-Athlete Meeting.

**MANDATORY PARENT/STUDENT-ATHLETE MEETING** will be held Thursday, November 19, 2009 at 6:00 PM in the Saint Ursula Academy Gymnasium / Convocation Center. It is mandatory that at least one parent and the student athlete attend this meeting. If a parent cannot attend, please contact the athletic director at least 72 hours in advance. **ALL ATHLETIC FEES AND PARTICIPATION FORMS ARE DUE AT THE PARENT/STUDENT-ATHLETE MEETING.**

**GAME SCHEDULE** for the season will be distributed at the Parent/Student-Athlete meeting. Changes will be updated on the SUA web site.

**FOR ADDITIONAL INFORMATION** you may contact Mike Sipes in the athletic department office at 961-3410, ext. 129.