

Swim team tryouts are here:

WHAT YOU WILL NEED BEFORE YOU MAY TRY OUT FOR SWIM TEAM:

PARENT APPROVAL

**VALID PHYSICAL-
INSURANCE \$ 35 CASH OR WAIVER-
TRYOUT LOCATION:**

Pershing Pool located behind the gym area

TRYOUT TIMES/ DATES:

7TH AND 8TH BOYS

November 17 from 4:30 to 5:30 pm

7TH GIRLS

November 18 from 4:30- 5:30 PM

AND 8TH GIRLS

November 19 from 4:30- 5:30 PM

TRYOUT CRITERIA:

JUDGED BY TIME AND STROKE MECHANICS

You must be able to swim:

400 FREE STYLES/ FRONT CRAWL

50 BUTTERFLY

50 BREAST STROKE

50 BACK STROKE

50 FREE STYLES/ FRONT CRAWL

TRYOUTS TIMES AND DATES ARE SET, NO EXCEPTIONS! BE ON TIME AND READY TO TRYOUT AT YOUR SCHEDULED TIME...

ALL SWIM TEAM MEMBERS WILL BE POSTED OUTSIDE OF THE LADY COACH'S DOOR ON FRIDAY, NOVEMBER 20, 2009... GOOD LUCK.

ALL COMPLETED PAPERWORK IS DUE NOVEMBER 6, BY 5PM; NO EXCEPTIONS OR YOU WILL NOT BE ABLE TRYOUT!!!!

THERE WILL BE TWO OPEN SWIM DAYS FOR PARTICIPANTS WITH ALL PAPERWORK COMPLETED; DURING THIS TIME THERE WILL BE NO COACHING OR CRITIQUING, ONLY YOU HAVING THE OPPORTUNITY TO PRACTICE AND PREPARE FOR TRYOUTS. THE DATES ARE NOVEMBER 10 AND 11 FROM 4:30- 5:50 PM

**PEACE, LOVE AND SWIMMING....
COACH HARGROVE**