

FORM Swim Team Tryout Information

We're excited to have you come and try out FORM Swim Team. The tryout gives our coaching staff an opportunity to evaluate your swimmers technique, strength and speed to best determine what group he/she should join. This is also an opportunity to meet one of our coaches and experience what it feels like to be part of our team. Remember the tryout isn't only for the coach to evaluate your swimmer, but for you to know how it feels to be part of our team.

Hopefully you have already filled out the tryout request form. If not, please click the link below and one of our coaching staff will contact you to setup a tryout:

<https://forms.gle/BWg4wBqvC5ktEJe77>

Is my swimmer ready for a tryout?

We require that swimmers be able to swim the entire length of the pool using any of the 4 major strokes (Butterfly, Backstroke, Breaststroke, or Front Crawl). Keep in mind that swimmers will be swimming multiple lengths during the practice, so we want to make sure they also have the stamina to participate in most of the practice.

Swimmers are required to properly demonstrate the breaststroke kick. Many beginner level swimmers struggle with the breaststroke kick and they tend to do an illegal scissor kick motion. This may require an in-water instructor to manipulate the legs to make the correct motion. The arm motions and stroke timing for breaststroke are less complicated skills and can be fixed during a normal swim team practice.

What to bring to the tryout

We ask each swimmer to bring the following to the tryout:

- Swimsuit
- Goggles
- Towel
- Cap (optional)
- Water Bottle (optional)

The coaches may have your swimmer use a kickboard, which will be provided at the tryout.

What to expect at the tryout

Junior Team (beginners) tryouts, will evaluate your swimmer's ability to swim the four major strokes:

- Freestyle (aka Front Crawl)
- Backstroke
- Breaststroke
- Butterfly

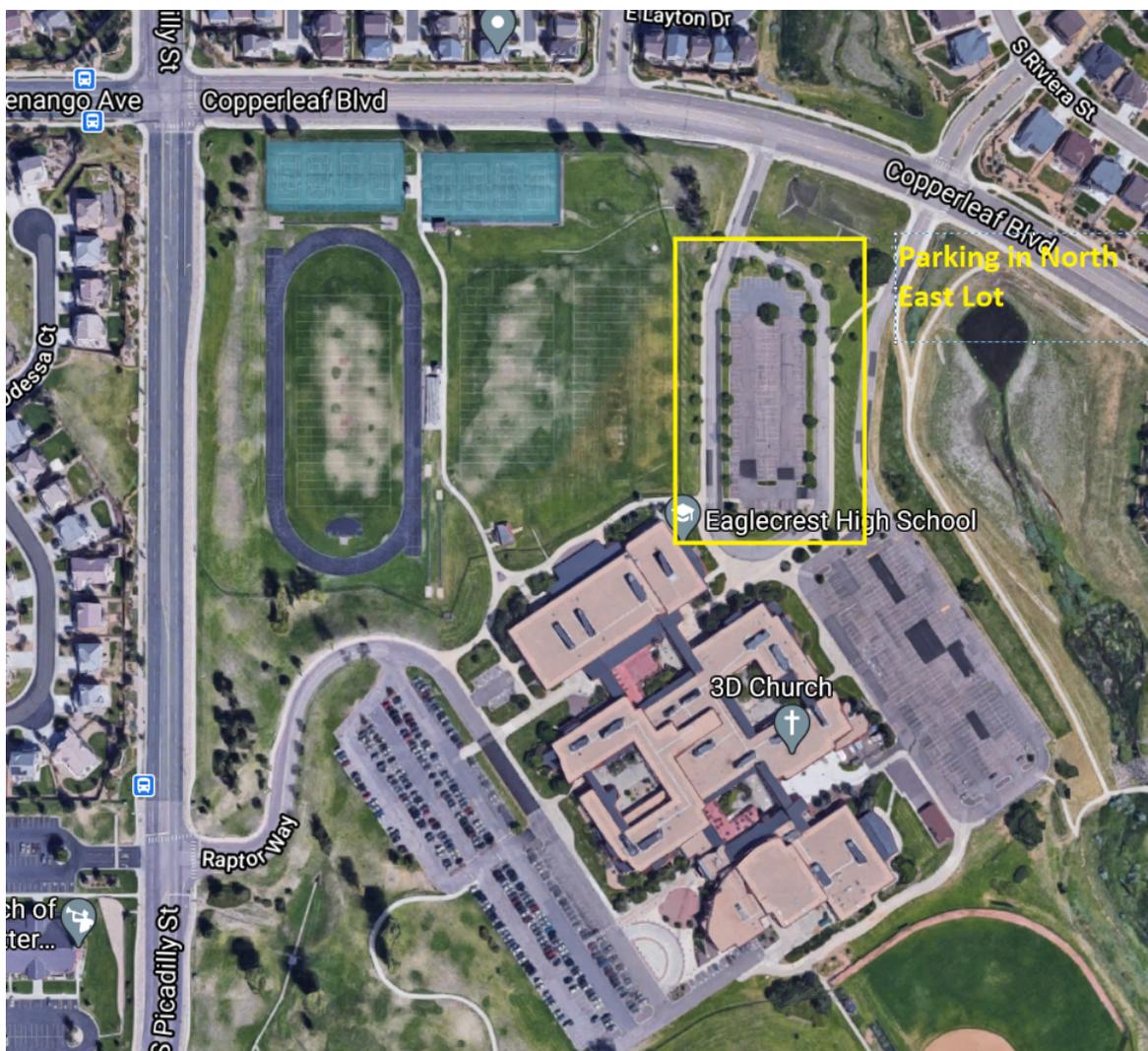
If you're tryout for one of our experienced teams, we will be evaluating the following:

- Strength
- Endurance
- Speed

In a nutshell, the experienced swimmer tryouts will be similar to what we do at a normal practice.

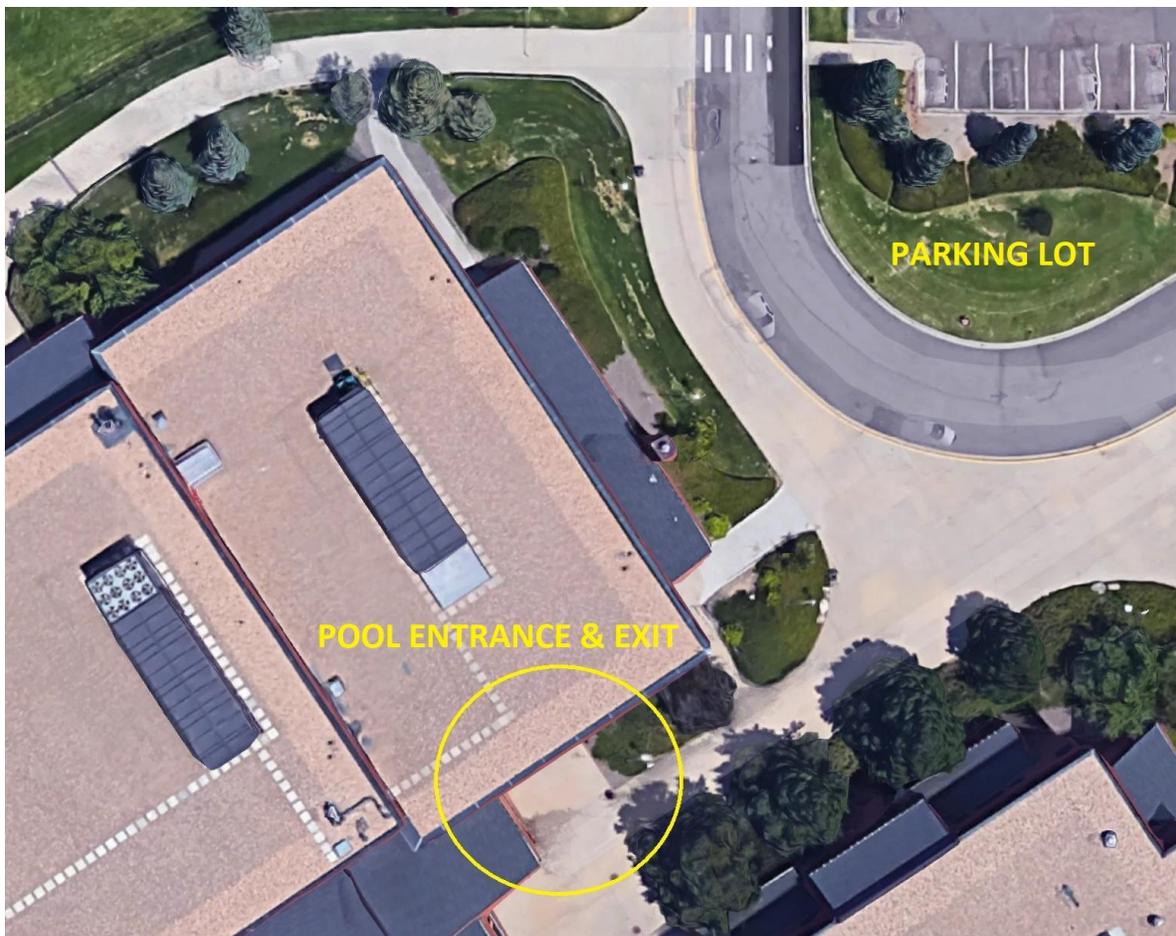
Where to park at the school

Families must park in the North-East Parking Lot. The lot is located near the pool entrance and is easier than navigating through the school.



Where to Enter and Exit the Building

Families can enter and exit from the doors located on the south end of the pool area.



Are we allowed to use the Locker Rooms / Restrooms

Swimmers may use the locker rooms to change in and out of their suits and use the restroom. Locker rooms are located in the pool area.

Per Minor Athlete Abuse Prevention Policy (MAAPP, all parents and Coaches are required to use the restrooms located on the second floor. You may ask one of the coaches to help locate the restrooms.

After the tryout

Coaches will do their best to speak with you after the practice about the tryout and to give you their recommendations. If the coach is busy and unable to speak to you right then, you will receive a phone call in the next couple days.