



Forest Grove Swim Team Tryout Form

Forest Grove Swim Club, a USA Swimming Team, offers prospective members the opportunity to swim with the team for up to two weeks. This time period should be adequate to allow the swimmer and their family to evaluate our program and for the coaching staff of Forest Grove Swim Club to evaluate the swimmer. Both evaluations are critical to ensure that a potential union is in the best interests of both parties. *Please note: the tryout period is for two calendar weeks and **not** fourteen days of swimming at the swimmer's discretion.*

Step 1: Please review the team information on the website (www.fgdragons.com)

Step 2: Contact Head Coach Summir Valls at sumswimcoach@gmail.com to set up a meeting. All introductory meetings, with the exception of college swimmers, must have an athlete and parent at the meeting.

Please fill out the following information and bring this sheet to the meeting.

Swimmer's Name: _____

Age/ School/ Grade: _____

Address: _____

Phone: _____ Email Address: _____

Start Date: _____

How did you hear about Forest Grove Swim Club? _____

Please give a brief description of your swimming background:

Please list any injuries or medical conditions:

What are your swimming objectives?

If you are currently swimming with a USA-Swimming team, which one, and have you spoken to the coach about your concerns?

Thank you for your interest in Forest Grove Swim Club

Swimmer Signature: _____ Date: _____

Parent Signature: _____ Date: _____