



ROCK THE BLOCKS, RIDE THE WAVE

SWIM Team TRYOUTS 2023 SPRING AND SUMMER

WHEN: Sunday, March 26th, 3pm-4pm or
Tuesday, March 28th, 6:30pm-7:30pm

[Sign Up Link](#)

WHERE: Dowling Catholic High School Pool
1400 Buffalo Rd, West Des Moines, IA 50265
Please enter through the south entrance for the pool and gym.

2023 NEW SWIMMER TRYOUTS

AGES: 6-18 years old

BRING: Swimsuit, goggles, towel, swim cap (optional)

***SWIM SKILLS:** Tryouts will include swimming the length of the pool (25 yards) with each stroke.

SEASON DATES: April 3-July 23

CLUB FEES: Dependent upon training group and optional meet participation.

PARENT INVOLVEMENT: Engaged families are essential for the success of the team. Riptide will host a swim meet May 5-6 and parent support is necessary for planning and running a successful meet.



Practice schedules, important dates, upcoming events, team meet schedule and additional information can be found at www.dowlingcatholicriptide.org. Additional questions can be emailed to the team at dchsriptide@gmail.com.

*Swimmers unable to swim 25 yards of freestyle and 25 yards of backstroke should consider swimming lessons prior to trying out for swim team.