

# SWIM TEAM – FREQUENTLY ASKED QUESTIONS ABOUT TRYOUTS

## **Covid-19 regulations**

Please arrive to the facility wearing your face covering. **Individuals who are not properly wearing a mask will not be allowed into the building.** Make sure your athlete arrives wearing their bathing suit. Changing rooms will only be available after tryouts.

## **What is the Tritons?**

*Metro North Tritons is a year-round competitive team offering technique instruction for athletes of all ages and abilities. There are many benefits to getting your child involved in competition, including:*

- *Promote physical development.*
- *Develop aerobic endurance.*
- *Enhance a child's natural flexibility and promote muscle development.*
- *Develop superior coordination.*
- *Encourage fitness and enjoyment for life.*
- *Promote time management.*
- *Swimming is an important safety skill for young children.*

## **Why would I want my child to participate?**

*It's fun. It's great exercise and helps build confidence. It's a great way for your child to meet other kids in the neighborhood. It's a great way for you to meet other parents.*

## **What is a tryout/evaluation?**

*A tryout is an evaluation done by our coaching staff to identify which group would be best for your child to practice with. Each athlete is different and may or may not be ready to join the team. The tryout will last up to 15 minutes. Swimmers should be ready to swim with swimsuit, goggles, and a*

towel. A cap is recommended for swimmers whose hair is longer than their shoulders. Divers should arrive already wearing their suits.

### **What swimming strokes does my child need to know to join the team?**

*If your child is 6 to 18 and can swim a lap of the pool then they should register for tryouts. Generally, our minimum requirement for entry level swimmers on the team consists of being able to swim 25 yards of freestyle with proper breathing technique and 25 yards of backstroke all unassisted.*

### **Does my child need to complete Level 6 of swim lessons to join the team?**

*NO! We recommend kids complete Level 4 in our swim lesson program before trying out for the team. No child is required to complete a specific lesson level before attending tryouts.*

### **What dives does my child need to know to join the team?**

*Generally, our minimum requirement for entry level divers on the team consists of Hurdle, Front and back jumps, Line-ups and entries, forward and back dives, progressing to forward 1 SS and inward dive.*

### **What forms do we need to bring to join the team?**

*The only form you need to complete is our evaluation form. You will receive it right when you arrive.*

### **What should I expect the day of tryouts?**

*When you arrive at the pool please wait for the coaches to address the group. They will instruct each athlete which where and what order their evaluation will be in. After the evaluation the coach will give a brief assessment of their performance. You will be contacted within 1 week after tryouts to inform you if your child is able to join the team at this time.*

### **What to wear?**

*Divers need to arrive already wearing their suit.*

*Swimmers must come to tryouts ready to swim. This includes:*

- *Proper swimming suit.*
- *Goggles*

- *Swim cap (kids with long hair should wear a cap)*

### **How do I schedule a tryout?**

*Contact our Welcome Center or [register online](#) to reserve your try-out time slot. If you are not a member of the YMCA of Metro North you will need to create an [online account](#).*

### **Will my child automatically join the team?**

*Unfortunately, we have limited spaces available in each practice group. We are **NOT** able to accept every child who attends tryouts. You will be contacted by one of the coaches within 1 week of your tryout to let you know if your child is able to join our team, or if they will be put on the waitlist.*

### **What if my child is on the waitlist?**

*We will keep a list of all athletes who attend tryouts and which practice group they are best suited for. If space does become available you will be contacted by one of the coaches. They will let you know which practice group your child will be in and how to register.*

### **Who can answer my questions about the team?**

*Send your email questions to [ymntritons@metronorthymca.org](mailto:ymntritons@metronorthymca.org) and your question will be answered or directed to the right person.*