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## YMCA Swim Team Tryout FAQ

Tryouts will be held on **Thursday, August 8 @ Freehold (Indoor Pool)** and **Monday, August 12 @ Red Bank**

These tryouts are for any competitive swimmer interested in gaining a spot on the YMCA's swim team at the **Freehold/Old Bridge, Red Bank or Camp Zehnder/Wall practice locations.**

Registration forms can be downloaded from our website [www.fobyswimteam.org](http://www.fobyswimteam.org). If possible, please complete registration form and email to Brian Henningsen ([bhenningsen@ymcanj.org](mailto:bhenningsen@ymcanj.org)) prior to tryouts. Forms and waivers will also be available the day of tryouts.

**Registration will begin @ 5:00 pm**  
**Please be on deck for warm-up @ 6:00 pm**

A registration fee of \$10 will be collected the night of try-outs.

**\*Please print out the Membership Waiver, and bring the signed copy that night.**

Your child should know how to swim **ALL** 4 strokes

### **Who Needs to Tryout?**

Any competitive swimmer interested in gaining a spot on the YMCA's swim team for either the Old Bridge or Freehold year-round practice locations.

### **What if my child can't be there?**

There will most likely be additional try-outs; tryouts are held in March, June, July and August. Please check our website for dates and times.

### **What should we bring?**

Your child should bring a bathing cap, towel, goggles, a water bottle, healthy snack and preferably wear a racing suit.

### **What events will my child swim?**

Age for the short course YMCA meets is determined by the child's age as of December 1st 2019. So, children who "age up" on or before 12/1/2019 must try out for the next age group. For example, some children who swim as an 8 year old during the summer will have to try out as a 9 year old if their birthday is on or before December 1st 2019.

- 8 and unders will swim 25 yards of freestyle and 25 yards of two other strokes they choose. They will start in the water.
- 9 and 10's will swim 50 yards of freestyle and 50 yards of two other strokes they choose. For the 50 yard swims they can start in the water, at the side of the pool or on the starting block.
- 11 and 12's will swim 50 yards of freestyle and 50 yards of two other strokes they choose.
- 13 and overs will swim 100 yards of freestyle and 50 yards of two other strokes they choose.

### **When will I find out if my child made the team?**

Invitations for placement on the 2019-2020 Short Course Swim Team will be emailed within two weeks after tryouts. Please do not call the swim team office to find out results before they are emailed, and be aware that the front desk at Old Bridge or Freehold will not have any detailed information about tryouts or the results of tryouts. The front desk can only repeat to you what is written in the program book.

**If you have any questions regarding this try out, please contact Robert Bartus, [RBartus@ymcanj.org](mailto:RBartus@ymcanj.org)**