

Pacific Dragons Swim Team (PDST) TryOut Form

Visit PDST @: www.PDSwimTeam.org

Swimmer Information:

| | | |
|-----------------------|-------------|--------------------|
| First Name | Middle Name | Last Name |
| Birthday (MM/DD/YYYY) | Gender | 中文姓名(if available) |

Are you going to transfer from another swim team into PDST: Yes (); No (). If YES:

() Summer League Team (Name of the Team) _____

() A PNS team name: _____ Practice Group: _____

Reasons to join PDST: _____

Parents (Guardians) and Contact Information:

| | | |
|--|--|--------------------|
| First Name | Last Name (Father or 1 st Guardian) | 中文姓名(if available) |
| First Name | Last Name (Mother or 2 nd Guardian) | 中文姓名(if available) |
| Primary Email address for team contact* | | |
| Home address | | |
| Primary phone number for team to contact | | |

Do you have a current family membership of Jewish Community Center or Sammamish Club: () Yes, membership #: _____; () No.

Please note: Swimmer will be placed into groups primarily based on ability, not by age.

Coaches Use Only: Tryout Date _____; Coach's Initial(教练) _____

| 游泳技术 (Stroke Techniques) | 会/稍会/不会 (Good/OK/No) | 50 码时间 (50Y Time) | 100 码时间 (100Y Time) | 200 码时间 (200Y Time) |
|-------------------------------|-------------------------|----------------------|------------------------|------------------------|
| 蝶泳(Butterfly) | | | | |
| 仰泳 (Back) | | | | |
| 蛙泳 (Breast) | | | | |
| 自由泳 (Free Style) | | | | |
| 身体素质 (Body physical quality) | 优 (Excellent) | 良(Good) | 一般 (OK) | 差 (Improve Required) |
| 浮力buoyancy | | | | |
| 水感 Water sense | | | | |
| 灵敏 nimbleness/sensitivity | | | | |
| 爆发力 Explosiveness | | | | |
| 身体协调 Coordination | | | | |

