**Tryout Request: Rinconada 8u Program**

Thank you for your interest in PASA swimming. To request a tryout, please complete this form and submit to hilarygoldschlager@yahoo.com . You will then be contacted with additional information as it becomes available.

**Child’s Name: DOB: Age:**

**Your Name: Email:**

I am interested in: \_\_\_\_\_ Team tryout \_\_\_\_\_General assessment

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**Previous Swim Experience:**

 \_\_\_\_\_ No swim team experience/lessons only

 \_\_\_\_\_ Summer League swim team\*

 \_\_\_\_\_ Previous team\* Name of team:

 \_\_\_\_\_ I do not have race times \_\_\_\_\_ I have race times (please include)

**\_\_\_\_\_\_\_\_Swim History\_\_\_\_\_\_\_\_\_\_\_ \_ Duration\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Skills Accomplished\_\_\_**

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| Please list all schools, lesson programs, etc. with detailed information |
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**Team Sports & Activities:**

 **Check all that apply: P for previous participation, C for current:**

 \_\_\_\_ Soccer \_\_\_\_ Dance \_\_\_\_ Gymnastics \_\_\_\_ Baseball \_\_\_\_ Basketball \_\_\_\_ Water Polo

 \_\_\_\_ Tennis \_\_\_\_ Hockey \_\_\_\_ Kumon \_\_\_\_ Art classes \_\_\_\_ Language school \_\_\_\_ Brownies/Scouts

 \_\_\_\_ School related \_\_\_\_ Choir \_\_\_\_ Robotics \_\_\_\_ Other:

**Water Skills:**

 **Check all that apply: P for proficient, SA for somewhat able, NS for not sure/hasn’t tried**:

 \_\_\_\_ Swim 25 yds. Free \_\_\_\_Swim 25 yds of Backstroke \_\_\_\_ Swim Breaststroke.

\_\_\_\_ Swim Butterfly/dolphin kick \_\_\_\_Float on back \_\_\_\_ Kick on back \_\_\_\_ Go to bottom of pool

\_\_\_\_ Dive from the edge \_\_\_\_ Use a diving board \_\_\_\_ Streamline push-off on front \_\_\_\_ On back

\_\_\_\_ Tread water \_\_\_\_Somersault forwards \_\_\_\_ Somersault backwards

**Agility Skills:**

 **Check all that apply: P for proficient, SA for somewhat able, NS for not sure/hasn’t tried**:

 \_\_\_\_ Somersault \_\_\_\_ Cartwheel \_\_\_\_ Hop on left foot 5-10x \_\_\_\_ Hop on right foot 5-10x

 \_\_\_\_ Jumping jacks (1 min.) \_\_\_\_ Walk on balance beam \_\_\_\_ Monkey Bars \_\_\_\_ Ride a bike

 \_\_\_\_ Jump rope (1 min.) \_\_\_\_Rollerskate/Iceskate \_\_\_\_ Hula-hoop \_\_\_\_ Skip \_\_\_\_ Other: