EHS Boys Swim

& Dive Team



**Who**: All Edwardsville High School boys, regardless of previous swimming or diving knowledge/expertise, are welcome to try out for the swim and dive team.

**Where**: Chuck Fruit Aquatic Center

**When**: Tryouts will be held on Monday November 28th from 2:15-4:15 pm at the Chuck Fruit Aquatic Center. The first 20-30 minutes of try outs will be used for an informational meeting (All athletes).

**What**: Swimmers and divers should bring their own swim suit, a pair of goggles, a swim cap (optional) and a towel.

**Practice Schedule:**

All athletes: Swim: Monday-Friday 2:15-4:15 pm, Saturday 8:00-10:00 am

Dryland 4:30-5:15pm, Saturday 10:15-11:00am

**What to expect:**

The EHS Boys Swim and Dive Team is a competitive swim team competing in IHSA swim meets including the Sectional Championship and the State Championship. Practices will range from 3,000-6,000 yards. We will be focusing on stroke technique, race strategy, competitive training, goal setting, dry land training and various other aspects of the sport.

\*\*Contact Coach Christian Rhoten (crhoten@ecusd7.org) with any questions or concerns