



## **Somerset Hills YMCA Swim Team**

### **Tryouts**

**Saturday, July 25<sup>th</sup>**

**Swimmers must be 7 years old by Dec 1, 2009**

**7 and 8 year olds                      2 to 3:30 pm**

**9 and 10 year olds                    3:30 to 5 pm**

**11 year old and up                    5 to 6:30 pm**

*(Attend the session for your age as of December 1, 2009)*

**Pre-Registration Required\***

**\$25.00 non-refundable fee required**

Tryouts are required for all new swimmers and previous team members that did not participate in our spring or summer Swim Team programs. Swimmers must demonstrate appropriate practice readiness skills, stroke technique, speed and endurance for team consideration. Seven and eight year olds will be timed for one lap (25 yards) in the competitive strokes of freestyle, backstroke and breaststroke. Swimmers nine years and up will be timed for two laps (50 yards) in all four competitive strokes. Coaches will be evaluating each swimmer for **potential** placement on the Swim Team or in one of our Competitive Aquatics programs. Coaching recommendations will be sent to each participant via e-mail no later than August 15<sup>th</sup>.

#### **Tryout Pre-requisites**

*Swimmers coming from lessons must bring a swim instructor recommendation form signed by the instructor*

#### **Time Requirements (Short Course Yards) Age as of 12-01-09**

**7 and 8 year olds**    25 yards freestyle under 28 seconds                      25 yards backstroke under 35 seconds

**9 and 10 year olds**    50 yards freestyle under 48 seconds                      50 yards backstroke under 55 seconds

**11 and 12 year olds**    50 yards freestyle under 40 seconds                      50 yards backstroke under 45 seconds

**Swimmers 13 and over** please submit a Top Times report for further evaluation

#### **Not sure if Swim Team is right for your family?**

Please join the coaching staff in July on Wednesday mornings from 9:30 to 10:30 am or Thursday evenings from 5:30 to 6:30 pm for a brief program overview and to answer any questions you might have.

**Director of Competitive Aquatics**

**Peter Barry 908-630-3531**

**\*For more detailed information and Pre-Registration materials please contact:**

**Tiny Randazzo [trandazzo@somersethillsymca.org](mailto:trandazzo@somersethillsymca.org)**

