

Westwood HS VARSITY Swim Team -Tryout Information 2008

Our tryouts will consist of a mandatory three-day evaluation process.

(Note: Times and Dates are subject to change.)

	<u>Dates</u>	<u>Location</u>	
Day One	Monday, August 11th	El Salido Pool	7:00 am - Check In 7:10 am – Warm-up 7:30 am – 200 IM Time Trial 8:00 am - 50 free Time Trial 8:30 am – Test Set (15 x 100 m free on 1:30 interval)
Day Two	Tuesday, August 12th	El Salido Pool	7:00 am – Check In 7:10 am – Warm-up 7:30 am – 100 free Time Trial 8:00 am – 100 fly Time Trial 8:30 am – 45 minute group workout 9:30 am – 100 back Time Trial 10:00 am – 100 breast Time Trial
Day Three	Wednesday, August 13th	Westwood HS Track -	6:00 am - Fitness Testing (Pull-ups, # of push-ups in one minute, heavy jump rope for one minute and 1 mile run)

What to Bring: **Swim days-** One piece suit, cap, goggles and water bottle.

Fitness testing day- Running shoes, athletic wear and water bottle.

Prerequisites to Trying-out-

Must be **100%** committed to being a part of our team (A team handbook will be available for prospective swimmers and their parents to read.)

Must be able to do all four competitive strokes legally (at least a 100 of each stroke).

Must fill out and sign RRISD Athletic Participation Packet and complete attached physical before the start of tryouts.

Physicals must be completed and on-file with the Westwood Athletic Trainers before the beginning of tryouts. Call 464-4120 or 464-4053 for physical information and directions.

*If not having physical done at RRISD Physical on May 17, 2008; it must be dated after June 1st, 2008.

*** ALL PARTS OF TRYOUTS ARE MANDATORY. NO EXCEPTIONS!**

All tryouts must be completed by the morning of August 13th.

The Team will be announced the afternoon of August 13th. (We will have a pizza party later that afternoon to welcome our new teammates!)

Any questions, please contact Coach Weis @ 464-4180 or thru e-mail @ cweis@sbcglobal.net

Check our team website for any changes or for more information about our team.

www.whs-warriorsswimming.org