

Westwood HS VARSITY Swim Team -Tryout Information 2010

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 9th	El Salido Pool	7:20 am - Check In 7:30 am – Warm-up 7:45 am – 200 IM Time Trial 8:10 am - 50 free Time Trial 8:20 am – Test Set (15 x 100 m free on 1:30 interval)
Day Two	Tuesday, August 10th	El Salido Pool	7:20 am – Check In 7:30 am – Warm-up 7:45 am – 100 fly Time Trial 8:05 am – 100 free Time Trial 8:20 am – 100 back Time Trial 8:40 am – 100 breast Time Trial
Day Three	Wednesday, August 11th	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, complete attached physical and turn it into the - Westwood Athletic Trainers before the start of tryouts.

-Must be attending Westwood the 2010-11 school year and meet all UIL & RRISD athletic eligibility requirements.

Physicals must be completed and on-file with the Westwood Athletic Trainers before the beginning of tryouts (DO NOT WAIT UNTIL THE WEEK OF TRYOUTS TO COMPLETE THIS.... It will be too late).
You can NOT Tryout unless your paperwork and physical are approved and on-file with the Westwood Trainers (Do not bring them to Coach Weis).

Call 464-4120 or 464-4053 for physical information and directions.

*If not having physical done at RRISD Physical on May 15, 2010; it must be dated **after** May 28, 2010.

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

-All tryouts must be completed by the morning of August 11th.

-The Team will be announced the afternoon of August 11th. 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

DIVING: These tryouts are not for DIVERS. IF INTERESTED IN DIVING FOR WESTWOOD, PLEASE CONTACT COACH WEIS. Divers do have to have RRISD Athletic Participation forms and Physicals completed like all other athletes.