

STREAMLINE AQUATIC CLUB

NEW MEMBER TRYOUT FORM

Parents' Names:

Email and Phone Number:

Swimmer's Name and Age:

Previous Swim Team Experience: (if none leave blank)

Do you want your swimmer to compete? (coaches' discretion)

What team is your swimmer trying out for? (Coaches will place swimmers after try-outs)

Techniques (10&under)	Developing correct technique for all 4 strokes, first time swimmers learn to love the sport
Challengers (all ages)	Improving technique and build endurance, speed, and racing skills
Competition I	Integrating dryland and body strengthening, improving meet performances, setting time goals
Competition II	Dedicating to a training regimen for experienced swimmers who aim to make SEC
Middle/Highschool Training	Correcting technique, improving racing skills, dryland training, for swimmers who would like to make regionals and state time standards

***PLEASE bring swimsuit, towel, goggles (no scuba masks), sports beverage or water, and swim cap (optional) to tryout!**

