

# Prosper Swim and Dive TRYOUT Information

Hello!

I am so excited you are interested in trying out for the Prosper Swim and Dive 2017-2018 Team!

## SWIM TRYOUT INFORMATION:

As Prosper ISD does not currently have a pool we rent lanes from Texas Ford Aquatics Natatorium (address: 8353 Legacy Drive Frisco, TX 75034).

Tryout dates will be:

- Monday August 7th- Thursday August 10th from 6:30AM- 7:30AM \*\*
  - The bus will leave at 6AM Monday- Wednesday from the High School and return at 8AM.
- Friday August 11th from 7AM-8AM. \*\*
  - Thursday August 10th we will meet in the MPF classroom times frames will be designated by grade level and there will be individual meetings to discuss team placement.

\*\*Dates subject to change- tryouts MAY be completed by Wednesday and therefore the MPF classroom time would be moved to Thursday\*\*

Please fill out the google form attached as we will have limited space on the bus on Monday-Thursday as I expect there to be many swimmers trying out. If you are able to drive or have a parent willing to drive (both to and from TFA) please document that in your response.

Google Form Link: <https://goo.gl/forms/5Yu78ondVRRcohKz2>

You must attend all days in order to be considered for the PHS Swim and Dive team. Please note we do not have a JV team or learn to swim program at this time due to space and limited time.

Below is the information, skills and times each swimmer will need to achieve

1. Swimmer must be able to swim all four strokes (Butterfly, Backstroke, Breaststroke, Freestyle) proficiently.
2. Swimmer must be able to demonstrate successful open turns and flip turns in the respective appropriate events
3. Swimmer must be able to complete a dive and relay start.
4. In order to give an accurate view of what you will need to accomplish the following sets could be used during tryouts (short course times):
  - a. 10 x 100 freestyle @1:30
  - b. 10 x 50 freestyle kick @1:00
  - c. 10 x 100 IM @1:45
5. Time trials for the following events will take place during tryout practices. Listed below are the following events that will be timed. The time beside the event represents a competitive time (NOT cut-off time) for boys, girls events (short course times).
  - a. 50 Free (26.0, 29.5)
  - b. 100 Free (55, 1:03)
  - c. 200 IM (2:22, 2:30)

## **DIVING TRYOUT INFORMATION:**

As Prosper ISD does not currently have a pool we practice at McKinney High School Natatorium (1400 W. Wilson Creek Blvd, McKinney TX 75069)

If you are interested in trying out for the diving team please fill out the following Google form.

Google form: <https://goo.gl/forms/UpWYwnL7rWuDS7qb2>

Tryout information will be posted at a later date once an information is collected for divers through the google form.