

2008-2009 TRYOUT PROCEDURES

Swimming Tryouts:

All new swimmers must try out for the team -- any swimmer who has not lettered may also need to try out at the coach's discretion. Swimmers may attend a practice before the tryouts, which consist of:

- Racing Dive from the starting blocks – swimmers with a physical disability, which would prevent them from using the blocks, may start from the side – evaluated on a 0-5 point system for technique.
- 500 yard continuous swim – using freestyle stroke and underarm breathing with flip turns – evaluated on a 0-5 point system for time/endurance, technique, and ability
- Evaluation of the 3 other competitive strokes – swimmers will swim a 100-yard individual medley as they are evaluated on a 0-5 point system for proper stroke technique, ability, and endurance/time

The coaches will make their final cuts after reviewing practice attitude and tryout scores. Just being able to complete the tryout criteria does not guarantee a spot on the team. Swimmers will be expected to routinely swim between 3,000 and 4,000 yards per practice. Maturity of the athlete is an important consideration as well and will be assessed during the first practice session. Contact Mrs. Carey for more information.

Diving Tryouts:

Qualifications: Flexibility, balance, grace, strength, and timing are important criteria for divers, as they will be expected to learn 11 different dives from 5 different dive categories. All divers, including those on the team in previous years, must participate in tryouts. The diving team consists of 4 varsity girls, 4 varsity guys, and an additional number of girls and guys as Varsity back-up and JV divers. The WCHS Jacketfish Diving Coach will make final determinations, based on numbers, need, maturity, and ability/potential after a 2-week tryout session.

Final Considerations:

The WCHS Swim/Dive team is not a substitute for lessons!! Those who lack experience or skills should consider taking lessons at Falling Springs or joining a summer league team, Y team, USS team, or taking private lessons. For divers, gymnastics (especially tumbling) ability can be a help. If you are unsure of your ability, practice the tryout procedures in advance! **For any additional information, e-mail Susan Carey at susan.carey@woodford.kyschools.us**
Additional information about area club teams is available upon request.