

USAM SWIM TEAM FALL TRYOUTS

USAM is a fun and competitive swim team with swimmers from beginner level (5 years of age) to 17 years old competitions at regional level. We have experienced coaches (all former swimmers) and practices work toward technique progression and increased endurance in multiple distances. We'd love to have you on our team.

Tryout Dates:

- Tuesday, August 31 - 6:30-7:30 pm
- Tuesday, September 7 - 6:30-7:30 pm

Tryout are open and do not require appointments. Upon arrival a coach will evaluate your swimmer and then talk to you about options.

Requirements:

- The ability to complete the swims safely (slow is fine) is the focus vs the technique of the swimmer. Technique comes with practice.
- Participants must be between 5-18 and able to swim 25 yards (one length of the pool) freestyle and backstroke.
- Please wear your suit to the pool. Goggles are required but strongly recommended.
- Plan on approximately 10 minutes per swimmer for evaluations.

Coaches will be on hand to guide and evaluate. Team experience parents will be available to answer questions as well.

Our experienced coaches will recommend the best level to start and will work with swimmers moving up to the next level as appropriate.

Group options:

- Red – 3 days a week for about 1 hour. (Typically our 8 and under group.)
- White – 4 days a week for about 90 minutes a session. (Age varies from 7-15)
- Blue – 6 days a week for about 90 minutes a session. (Age varies between 10-18)
- Regional – 6 days a week for 2 hours a session. (Age varies from 10-18)

We do not require a number of practice to be at each week in our Red/White Groups.

With our Blue and Regional Groups, we ask that an attendance of 80% or better monthly.

PRACTICE STARTS SEPTEMBER 13 – APRIL 2(Tentative end date.)

Group sizes are kept small because of COVID Protocols we must follow for the facility and CDC/DOH guidelines.

We will be looking to attend meets monthly based on availability in our LSC and surrounding LSC's.

If you have questions please feel free to reach out to me, headcoach@unclesamswimteam.com.