

# Sharks Swim Team Tryouts

Interested in joining the Sharks Swim Team for the 2009-2010 Season?

Please sign-up for one of the following tryout dates:

- Tuesday, July 14th 6:00-7:00 pm at Woodlands Pool
- Thursday, July 21<sup>st</sup> 6:00-7:00 pm at Woodlands Pool
- Other days/times can be made available on request at Woodlands Pool, Curtis Park, or the All Hands Pool

Please call or e-mail Leslie Caliri at (540) 288-0196 or [Lcaliri@comcast.net](mailto:Lcaliri@comcast.net) to reserve your slot. Please provide Leslie with the following information:

- Swimmer's first/last name
  - Swimmer's age
- Swimmer's prior swim team experience, if any
  - Swimmer's desired swim group
  - Parents' first/last names
  - Address, phone number, e-mail
- Indicate if family is Military or Civilian
  - Preferred try out date

You may download and print a registration form from the team's website at <http://sharkswim.org> if you would like to fill it out in advance. If there is space in the program for which your swimmer qualifies, and you would like to register, a non-refundable registration fee of \$115 is required with your registration form.

Tryouts are used to determine which practice group best suits each swimmer's abilities. Final group placement may change and is determined by the Head Coach. If slots are not available in the group your swimmer is designated for, you may choose to be placed on the waiting list. There is no deposit required to reserve a spot on the waiting list. Should a space become available, a registration form and the \$115 fee are required to reserve your spot on the team or your swimmer will be dropped from the list and the next wait-listed swimmer will be offered the spot.

Leslie Caliri  
Sharks Swim Team Admin.  
540-288-0196  
[lcaliri@comcast.net](mailto:lcaliri@comcast.net)

# Sharks Swim Team Tryout Criteria

Following are group assignment guidelines. The final decision for program placement rests with the Head Coach.

## **Sand Sharks**

Designed for younger swimmers with little or no competitive experience. The program emphasizes teaching the four competitive strokes in a fun environment.

- ❑ Demonstrate the ability to complete multiple laps of the pool, one lap at a time, without stopping, in at least freestyle and backstroke
  - 2.75 hours per week

## **Makos**

Designed primarily for younger swimmers with some competitive experience who need significant instruction on stroke technique, starts and turns. The program emphasizes stroke, start, and turn instruction in a fun atmosphere.

- ❑ Demonstrate the ability to complete multiple laps of the pool consecutively without stopping
- ❑ Demonstrate knowledge of all four competitive strokes
- ❑ Demonstrate basic knowledge of proper starts and turns
  - 3.75 hours per week

## **Tiger Sharks**

Designed for age-group swimmers with some competitive experience who still need instruction on stroke technique and swimming fundamentals. Swimmers will be get a basic introduction to a some endurance swimming and knowledge of the pace clock. The program emphasizes stroke, start, and turn instruction while working on increasing the ability to swim some longer distances in preparation for more advanced Age Group training.

- ❑ Demonstrate the ability to swim all four competitive strokes legally
- ❑ Demonstrate the ability to execute a proper dive from the starting block
- ❑ Demonstrate the ability to perform proper turns for all four strokes
- ❑ Demonstrate the ability to complete longer swims (200 yards +) swimming at least at a basic endurance level
  - 5.5 hours per week

## **Age Group**

Designed for more advanced age-group swimmers with competitive experience who have the desire to prepare for senior level training. The program places greater emphasis on increasing endurance and interval training while incorporating proper stroke mechanics. Goal setting, mental preparation, race strategy, and dry-land training will be incorporated into the Age Group program. Swimmers should demonstrate the skills listed for the Tiger Sharks group as well as demonstrate the ability to complete longer distance swims in all four strokes at a moderate to fast pace; show the willingness to make a commitment to practice and meet attendance and a higher level of training; and show a desire to reach higher levels of the sport (e.g., Age Group Champs, Zones, preparation for Senior Level training).

- ❑ Prior competitive swimming experience.
- ❑ Demonstrate the skills prerequisites for the Tiger Sharks group

- ❑ Demonstrate the ability to complete longer distance swims in all four strokes at a moderate to fast pace
- ❑ Show the willingness to make a commitment to practice and meet attendance and a higher level of training
- ❑ Show a desire to reach higher levels of the sport (e.g., Age Group Champs, Zones, preparation for Senior Level training)
  - 9 hours per week

## **Seniors**

Designed for older swimmers at the highest level of Age Group swimming and those just beginning Senior level swimming. The Senior group is also designed for senior swimmers with less experience or those who have not reached the level of commitment and/or performance that is required at the Senior Elite level. The program emphasizes endurance and interval training while maintaining proper stroke mechanics, goal setting, mental preparation, race strategy, and dry-land training. Swimmers must be able to complete 200 meters of all 4 competitive strokes and a 200 IM, make a commitment to practice and meet attendance, and show the desire to go through the goal-setting process and dedicate themselves to working towards those goals.

- ❑ Significant prior competitive swimming experience
- ❑ Demonstrate the ability to train and perform at an advanced level
- ❑ Make a commitment to practice and meet attendance
- ❑ Show the desire to go through the goal-setting process and show dedication to working towards those goals
  - 10 hours per week

## **Senior Elite**

This program is designed for serious, committed swimmers who have chosen swimming as their only sport and wish to train for the highest levels of competition. The program emphasizes endurance training and race strategies, mental preparation, and a varied dry-land routine. Swimmers are expected to attend all practices and have a strong desire to excel at the highest levels of the sport. Swimmers must have at least Virginia Swimming Senior Championship qualifying times and Head Coach recommendation is required.

- ❑ Significant prior competitive swimming experience.
- ❑ Demonstrate the ability to train and perform at an advanced level.
- ❑ Make a serious commitment to practice and meet attendance.
- ❑ Show the desire to go through the goal-setting process and show dedication to working towards those goals.
- ❑ VA Swimming Senior Championships qualifying times.
- ❑ Individual meeting with the Head Coach prior to signing a contract with the team.
  - 19 hours per week

## **Open Program**

This program is designed mainly for swimmers 13 and older whose primary focus is competing at the high school level, but who would like to continue their training throughout the year. The Open group is also intended for older swimmers who are new to the sport and have little competitive experience, as well as those who do not wish to make the commitment necessary for a Senior level program.

- 4 practices, 6 hours per week fall/spring
- 3 practices, 4.5 hours per week during HS swim season

## **High School Prep/Summer Prep**

These programs are intended for high school swimmers who wish to prepare for their high school and/or summer league season, but do not wish to train on a year-round basis. This group will practice with the Open group during the fall and spring prior to the high school and summer seasons.

- 6 hours per week fall/spring only

Please contact Leslie Caliri with any questions or concerns. Signing up in advance for a tryout date is not required, but is strongly recommended.

Spaces are limited, and we want to be sure that everyone interested in joining our team gets an opportunity for a slot. No new swimmers will be permitted to join the team without attending a team tryout session for program placement determination. Trying out for the team does not guarantee a place on the team.