



JENKS HIGH SCHOOL

SWIMMING

Tryout form



To be eligible to tryout an athlete is required to:

- ✓ Swimmers who qualified for the OSSAA Regionals and meet the following requirements, do not have to tryout.
- ✓ Must have completed a short-course and a long-course USA Swim Season before trying out.
- ✓ Regardless of the experience or skill, athletes who do not swim will not be eligible to try out.
- ✓ All prospective swimmers are expected to train and compete during the summer under a USA swim team.
- ✓ The Exact Expectations are:
 1. - A minimum of six (6) times per week.
 2. – Practice every day as if it is a tryout, or as **ALL YOU CAN DO IS ALL YOU CAN DO.**
 3. – Participation in Long Course club meets is highly encouraged.
- ✓ They are more than welcome to join the **Jenks Trojan Swim Club (JTSC)**.
- ✓ A student must have received passing grades in all subjects to be considered (B or higher preferred).

 Student Name (first m last) Age Gender Grade Student ID# Student phone #

 Student email (please print clearly) Parent/Guardian Name Primary Phone

 Parent Email (please print clearly) Address City State Zip

Have you participated on a competitive Swim team... Where? _____ How long? _____

Have you participated in other sports... Sport: _____ Where? _____ How long? _____

 Swim Team Name Swim Coach Name Contact Info

Most recent best times in your top three (3) events in yards or meters (please specify)

1) _____ 2) _____ 3) _____

Most recent average yardage or meters per day or week (4000 yards, 6000 meters, etc.) _____

NOTE:

- 1) Only eligible swimmers will tryout on Monday – Thursday, March 2nd – 5th, 2020 from 4:30 - 5:30 PM.
- 2) Please be prepared to do drylands and swim (Shoes, shorts, shirt, goggle, suits, towel, etc.)
- 3) There will be a Mandatory Parent’s Meeting on Tuesday, March 24th, 2020 at 6:00 PM at the Jenks Trojan Aquatic Center.
- 4) After accepted onto the JHS Swim Team, you must maintain the above requirements or you will be removed from the team.

For the latest information please contact JHS head coach diego.henao@jenksps.org