



7th/8th Grade Swimming/Diving 2017

Monday, April 3rd -Thursday, May 18th

What: A competitive after-school middle school swim/dive team program for boys and girls 7th & 8th grade students

Who: Any KISD middle school student who is considering swimming or diving competitively in high school.

When: Practices will be held Mon.-Thurs. after school, from 4:00 pm - 5:30 pm. Students will be bused from their KISD middle schools and brought to the KISD natatorium for practice. However, students will not be bused back and must arrange rides to be picked up promptly at the end of practice, at 5:30 pm.

Important Dates: **REGISTRATION DEADLINE Thursday, March 23rd ****

- First Day of practice (swim/dive try-outs) **Monday, April 3rd**
- **May 4th swim/Dive Meet and May 18 Relay Meet**

Try-out Requirements:

Swimmers: Students **MUST** be able to swim 125 yards non-stop. The first 50 yards (2 lengths of the pool) must be freestyle, and the second 50 (2 lengths of the pool) must be backstroke, the last 25 (1 length of the pool) can be breaststroke or butterfly (your choice)

*Please note that this is **NOT** a learn-to-swim lesson program. Students should be very comfortable in the water and it is recommended to have some swim team experience

Divers: should be able to do a forward, head first dive off a 1 meter board, and be able to swim in deep water

Equipment needed: All swimmers are responsible for providing their own suit, cap and goggles

Girls Suits: Must be a tight form-fitting one piece suit. Preferably Nike, Speedo, TYR, Arena brand. **NO** two piece suits, or tankini's

Boys Suits: Must be a tight form-fitting brief or jammer. Preferably Nike, Speedo, TYR, Arena brand.

If you are unsure where to purchase swim/dive equipment, the KISD Natatorium has a D&J kiosk open after school at 4:00pm. You may also check on-line with the provided links below:

<http://www.swimoutlet.com/>

<http://djsports.com/>

How to sign up: The Middle School Swim/Dive registration form, along with a current physical/medical history and emergency card **MUST** be completed and turned into your athletic coordinator on campus on or before Thursday, March 23rd.

Swimming: Linda.Shults@kellerisd.net

Diving: Ryan.Maeker@kellerisd.net