



7th/8th Grade Swimming/Diving 2017

Monday, April 3 -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 4:15 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 arrange rides to be picked up promptly at the end of practice, at 5:30 pm.

Important Dates: **REGISTRATION DEADLINE Monday, March 27th ****

- First Day of practice **Tuesday, April 4th**
- Middle School Championship Meet: **Thursday, May 4th**
- Middle School Relay Meet: **Thursday, May 18th**
*All swimmers/divers will compete at the Middle School Championship Meet
- **Monday, April 17th:** No School, no practice
- **Monday, May 8th- Wednesday, May 10th:** No practice due to STAAR Testing

Try-outs:

Tuesday, April 4th – Thursday, April 6th

Swimmers: will be timed in a 50 of each stroke. You must be able to perform the stroke legally for the entire 50 without stopping. Times will be recorded and cuts will be made based on performance times and legality of strokes.

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

*Please be aware that all KISD Middle School's participate in this program at the same facility. Upon completion of try-outs, athletes will be placed in a training group on their feeder pattern team with their feeder pattern high school coach.

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 or Dolphin brand. NO two piece suits, or tankini's



Boys Suits: Must be a tight form-fitting brief or jammer. Preferably Nike, Speedo, TYR, Arena or Dolphin brand. Boys may also wear a drag suit over a brief or jammer, however board shorts are not permitted.

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 Monday, March 27th.

Cost: Besides basic equipment needs detailed above, there are no additional expenses.

Questions? Please contact the following coach for your school:

Timber Creek Feeder Pattern: Ashley.knapp@kellerisd.net