



City of El Cerrito Recreation  
 Gators Swim Team  
 7007 Moeser Lane  
 El Cerrito, CA 94530  
 bundershill@ci.el-cerrito.ca.us

## City of El Cerrito Gators Swim Team Tryout Form

**Please print this form, fill it out, and give it to the coach at the time of your tryout**

<b>Date of Tryout:</b>	
<b>Child's name:</b>	
<b>Parent/Guardian name:</b>	
<b>Secondary Parent/Guardian name:</b>	
<b>Email:</b>	
<b>Home phone:</b>	
<b>Cell phone:</b>	
<ul style="list-style-type: none"> <li><b>Circle Group You Wish to Try Out For:</b>  <i>Pre-Team</i>  <i>Stroke Development</i>  <i>Junior Group</i>  <i>Senior Group</i></li> </ul>	<b>Prior Swimming Experience:</b> 
<b>Below to be Completed by Coach</b>	
<ul style="list-style-type: none"> <li><b>Which Group Does the Child Qualify For?</b>  <i>Pre-Team</i>  <i>Stroke Development</i>  <i>Junior Group</i>  <i>Senior Group</i>  <i>Does not Qualify</i></li> </ul>	<b>Observations during Tryout:</b> 
<b>Recommendations/Next Steps:</b> <ul style="list-style-type: none"> <li><i>If the child qualifies for one of our groups, you will get a week to try the team out. If you wish to continue after the trial week you must fill out all required paperwork before the date indicated below.</i></li> <li><i>If the child does not qualify for any El Cerrito Gators group, please continue with swim lessons at the El Cerrito Swim Center!</i></li> </ul>	
<b>Trial Week Dates:</b>	
<b>Please Register By:</b>	
<b>Charge for: (please circle one)</b>	<b>Full Month</b> <b>Half Month</b>
<b>Name of Coach Completing Tryout:</b>	
<b>Signature of Coach Completing Tryout:</b>	

**Please hold onto this form until you are sure that you are ready to register for gators and you have made an online account through our website: [www.el-cerrito.org/onlinereg](http://www.el-cerrito.org/onlinereg)**



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## Group Requirement Checklist

To be completed by coach

### Pre-Team Requirements:

- Swim 50 yards of freestyle with no major technique flaws
- Swim 25 yards of backstroke with no major technique flaws
- Swim 25 yards of breaststroke with no major technique flaws
- Be able to demonstrate competitively legal dolphin kick and breaststroke kick

### Stroke Development Requirements

- Swim 200 yards of freestyle with good technique
- Swim 100 yards of backstroke with good technique
- Swim 100 yards of breaststroke with good technique
- Swim 50 yards of butterfly with good technique
- Demonstrate proper underwaters, touch turns, and flip turns for all strokes
- Must be able to do 50-yards of each different kind of kick (dolphin, breaststroke, and flutter) in under 1 minute and 15 seconds.

### Junior Group Requirements

- Be able to swim 4x100 of freestyle on an interval of 1 minute and 40 seconds.
- Be able to swim 4x100 of backstroke on an interval of 1 minute and 50 seconds.
- Be able to swim 4x100 of breaststroke on an interval of 2 minutes.
- Be able to swim a 100 of butterfly faster than 1 minute and 50 seconds.
- Be able to do 4x50 of flutter kick on an interval of 1 minute
- Be able to do 4x50 of dolphin kick on an interval of 1 minute
- Be able to do 4x50 of breaststroke kick on an interval of 1 minute
- Demonstrate good technique for all 4 strokes with no major flaws.
- Demonstrate correct flip and touch turns with no major flaws and utilize them correctly when swimming.
- Demonstrate correct underwaters for each stroke and utilize them when appropriate.
- Demonstrate a thorough understanding of interval training, swimming sets, and common language used with a competitive swim team.

### Senior Group Requirements

- Be able to swim 4x100 of freestyle on an interval of 1 minute and 20 seconds
- Be able to swim 4x100 of backstroke on an interval of 1 minute and 30 seconds
- Be able to swim 4x100 of breaststroke on an interval of 1 minute and 35 seconds
- Be able to swim a 100 of butterfly in under 1 minute and 15 seconds
- Be able to complete 4x100 of flutter kick, breaststroke kick, and dolphin kick on an interval of 1 minute and 45 seconds.
- Be able to demonstrate refined technique for all strokes, turns, starts, and underwaters.
- Demonstrate ability to follow and understand sets delegated by coach.