<table>
<thead>
<tr>
<th>Date of Tryout:</th>
<th>Parent/Guardian name:</th>
</tr>
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<tbody>
<tr>
<td>Child’s name:</td>
<td>Secondary Parent/Guardian name:</td>
</tr>
<tr>
<td>Parent/Guardian name:</td>
<td>Email:</td>
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<tr>
<td>Secondary Parent/Guardian name:</td>
<td>Home phone:</td>
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<td>Email:</td>
<td>Cell phone:</td>
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<td>Cell phone:</td>
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- **Circle Group You Wish to Try Out For:**
  - Pre-Team
  - Stroke Development
  - Junior Group
  - Senior Group

- **Prior Swimming Experience:**

  Below to be Completed by Coach

- **Which Group Does the Child Qualify For?**
  - Pre-Team
  - Stroke Development
  - Junior Group
  - Senior Group
  - Does not Qualify

- **Observations during Tryout:**

  **Recommendations/Next Steps:**
  - 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.
  - If the child does not qualify for any El Cerrito Gators group, please continue with swim lessons at the El Cerrito Swim Center!

**Trial Week Dates:**

<table>
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<tr>
<th>Charge for: (please circle one)</th>
<th>Full Month</th>
<th>Half Month</th>
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</thead>
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**Please Register By:**

**Name of Coach Completing Tryout:**

**Signature of Coach Completing Tryout:**

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)
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.