

Liberty Lions Swim Fall 2022

Coach Wilk Jwilk@pusd11.net

Coach Hazen Rhazen@pusd11.net

****Practices are held at Sunrise Mountain High School Pool****

Try Out Information:

- All athletes must be cleared through registermyathlete and have a signed COVID form to be able to try out.
- Swimmers must be able to do the following if they want to try out for the swim team:
 1. Swim a 100 freestyle without stopping, face in the water, and breathing to the side the entire time
 2. Dive off the starting blocks
 3. Complete a 50 of each of the four competitive swim strokes with correct form without stopping
- Try outs will include a **warmup designed by the coaches** and a **100 freestyle time trial**.
- August 10th, 11th, and 12th are the try out dates for the swim team. Please see below for specific days and times for try outs according to your last name. If you are unable to make your particular day and time on 8/9 or 8/10, please contact one of the coaches.
- August 12th is the absolute last day to try out for the swim team.

<u>August 10</u> <u>3:30-4:15pm</u>	<u>August 10</u> <u>4:15-5:00pm</u>	<u>August 11</u> <u>3:30-4:15pm</u>	<u>August 11</u> <u>4:15-5:00pm</u>	<u>August 12</u> <u>5:00-5:45pm</u>
Last names A-F	Last names G-L	Last names M-R	Last names S-Z	Any swimmer who could not make their time slot

- The swim team can have a total of 64 total swimmers this year (32 girls, 32 boys).
- At the end of try outs on August 12, the coaches will inform athletes of the top 32 fastest times for the boys and the girls. A swimmer will make the swim team if they are among the fastest 32 boys or the fastest 32 girls according to their overall tryout and 100 freestyle time trial. Please make sure to check your emails on 8/12 after tryouts because that is how swimmers will be informed if they made the team and what practice they will be in.

Practice Times (our team will have two separate practices)

Monday	Tuesday	Wednesday	Thursday	Friday
1 st = 5:00-5:45 2 nd = 5:45-6:45	1 st = 3:00-3:45 2 nd = 3:45-4:45	1 st = 3:00-3:45 2 nd = 3:45-4:45	1 st = 3:00-3:45 2 nd = 3:45-4:45	1 st practice = no practice 2 nd = 4:30-5:30