



# Dowling Catholic Riptide Swim Club Tryouts

*2019 Summer Season – Long Course*

## **When:**

Thursday, March 28, 2019 from 7:00 p.m. - 8:30 p.m.

OR

Saturday, March 30, 2019 from 11:00 a.m. – 1:00 p.m.

*The coach and team talk will be at the beginning of the tryout session.*

## **Where:**

Dowling Catholic High School Swimming Pool

1400 Buffalo Road

West Des Moines, IA 50265

*Please enter through the south end of the school at the pool entrance and meet us in the pool balcony.*

## **Summer 2019 SWIMMER TRYOUTS**

- **AGE GROUPS:** boys & girls ages 7 years old to 17 years old
- **BRING:** swimsuit, goggles, towel and water bottle
- **SWIM SKILL:** Tryouts will include swimming each stroke pool length (25 yards). Strokes include: freestyle, backstroke, butterfly and breaststroke.
- **SEASON DATES:** depends on age group & meets: April - July 2018
- **SWIM MEET OPTIONS:** average of 2/month, typically on weekends in Iowa
- **CLUB FEES:** depends on the level of ability & competitive capabilities plus swim meet fees. Training group information can be found on our website under Club Info/Training Groups.
- **PARENT INVOLVEMENT:** is very important for the success of the team. We want engaged families to help our athletes to succeed. We will ask for volunteers or our hosted meet in May.

**More information found on team website at [dowlingcatholicriptide.com](http://dowlingcatholicriptide.com).**

**If you have questions, feel free to contact the team at [dchsriptide@gmail.com](mailto:dchsriptide@gmail.com).**