**7th/8th Grade Swimming/Diving 2021**

**Monday, March 22nd - Saturday April 24th**

**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 4:00 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 must arrange rides to be picked up promptly at the end of practice, at 5:30 pm.

**Important Dates: REGISTRATION DEADLINE Wednesday, March 17th \*\***

* First Day of practice (swim/dive try-outs) **Monday, March 22nd**
* **April 24th swim/Dive Meet**

**Try-out Requirements**:

**Swimmers:** Students MUST be able to swim 125 yards non-stop. The first 50 yards (2 lengths of the pool) must be freestyle, and the second 50 (2 lengths of the pool) must be backstroke, the last 25 (1 length of the pool) can be breaststroke or butterfly (your choice)

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

**Equipment needed:** All swimmers are responsible for providing their own suit, cap and goggles

**Girls Suits:** Must be a tightform-fitting one piece suit. Preferably Nike, Speedo, TYR, Arena brand. NO two piece suits, or tankini’s

**Boys Suits:** Must be a tight form-fitting brief or jammer. Preferably Nike, Speedo, TYR, Arena brand.

**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 Wednesday, March 17th.