



Fighting Fish January Tryout Information

We have a very limited number of vacancies in specific age groups. Our team is currently full, but we are looking for swimmers who fulfill one of the following categories (please tick the box which applies to you)

- Boy aged 7 years or under on 1st Jan 2009 Girls aged 6 years or under on 1st Jan 2009

Swimmers in these two categories should possess a sound knowledge of

- Freestyle (50m)
- Breaststroke (50m)
- Backstroke (25m)
- And be able to perform the required distances with good technique.
- Swim 200m continuously and 4 x 50m freestyle on 1:30
- We will also assess if they have a working knowledge of butterfly (no set distance required)

- Swimmers aged 7 years & above who are able to make the Junior Gold or Development Squad Groups.

The minimum requirements for these groups are

- An excellent knowledge of the four competitive strokes.
- Able to perform legal turns (freestyle with tumble turns) including the Individual Medley
- Swim 6 x 100m freestyle on 2 minutes

- I don't make any of the above categories but I possess a good level of swimming skills, an excellent attitude, will always give 100% effort and would appreciate the opportunity to try out for the team.

As a parent I understand that Fighting Fish requires not only a year round commitment for swimmers but a parent volunteer commitment at both meets and some non-meet activities.

SWIMMER NAME:		
BIRTHDATE (day/month/year):	AGE:	SEX:
SWIMMER'S SCHOOL:		
PARENTS NAMES:		
HOME PHONE:	HANDPHONE:	
E-MAIL:		
SIBLING IN THE PROGRAM or TRYING OUT:		
Previous Swimming Experience (Instructional and/or competitive):		

<u>Please list recent competitive times (approx.) and for what strokes:</u>

Recommended Placement: _____ **Coach's Initial:** _____

I hereby agree to allow my son/daughter/charge (circle one) to participate in the SACAC Swimming Tryouts Program and agree not to hold the Council, SACAC, Singapore American School or the Coaches liable for any injuries that may occur during any time of the year. SACAC does not carry any liability insurance for any of the swimmers and, therefore, requires that I assume full medical responsibility. In the event of my absence, I give permission for the Coach(es) to sign for any medical treatment deemed necessary.

Name of Parent/Guardian

Date

Parent/Guardian Signature