**CCHS Swim and Dive**

**Tryouts 2020-2021**

**Due to Covid 19 restrictions and not having a middle school swim team this year, we are having swim and dive tryouts for the 2020-2021 season. Here is the information below on the tryouts.**

**All students (7th-12th grade) who are trying out need to reach out to Coach Dreyer by email** [**ben.dreyer@campbell.kyschools.us**](mailto:ben.dreyer@campbell.kyschools.us) **by 11/1/2020 to receive a designated tryout date.**

**Physical: All swimmers and divers need to have an updated physical on file to try out for the team. Physicals can either be turned into me at the Middle School, scanned and sent through email, turned into the Athletic Department at the high school or bring them on the first day of tryouts.**

**Diving: Divers will need to know 4 of the 5 categories for diving. (Front, back, reverse, inward, twister). Divers will also need to have close to an 11-dive list. All major high school meets are 11 dive meets. There are some 6 dive meets, but we are unsure if those will take place this year.**

**Swimming:**

**-Ability to demonstrate at least 3 of 4 competitive strokes**

**-Ability to demonstrate open and flip turns**

**-Knowledge of a start from the block**

**Test set: (This will take place both tryout days along with other swim sets if time allows.)**

**1. Non stop swim of a 300**

**2. 3x100 swim @ 2:00**

**3. 6x50 kick @ 1:20**

**4. 4x50 IM order with turns**

**Tryout Dates: (Swimmers may only try out 1 date due to numbers)**

**Tuesday 11/3- Swim Tryouts 3:30-5:00 @ NKU**

**Wednesday 11/4- Dive Tryouts 8:00-9:00 @ NKU**

**Thursday 11/5- Swim Tryouts 3:30-5:00 @ NKU**