

## **2013 – 2014 Bowie Swimming and Diving Team**

### **Tryout Packet**

We are glad you are interested in becoming a member of the James Bowie High School Swimming and Diving Team. We hope that the 2013-2014 Swim Team will be one of the most committed, well trained and unified teams Bowie has had, representing our school to its fullest.

If you're seriously considering being a swimmer or diver for the upcoming year, understand that swimming is a YEAR LONG commitment that includes the responsibility to be a leader and a great representative of Bowie at school events, and classes, and anywhere you go. We hope that you are prepared to work harder and perform better than you would have imagined.

We look forward to working with you to prepare this team to be the best. Please read through this packet completely to know all that is expected of you and your responsibilities.

If you are privileged to become part of the Bowie Swim Team, it will be one of the most rewarding experiences you will have, creating memories to last you a lifetime.

If you have any questions, call Coach Lackey directly at 512-567-7696.

Tryout Details:

**ALL SWIMMERS AND DIVERS MUST ATTEND ONE OF THE TWO TRYOUT SESSIONS, WHETHER YOU SWAM WITH BOWIE LAST YEAR OR NOT.**

**April 27<sup>th</sup>** 11:00am to 12:30pm  
Circle C Swim Center, 5919 La Crosse Ave, Austin, TX 78739

**May 4<sup>th</sup>** 11:00am to 12:30pm  
Circle C Swim Center, 5919 La Crosse Ave, Austin, TX 78739

You should wear a swim suit the day of the tryout, your hair pulled back into a swim cap if it is long. No jewelry should be worn.

Tardiness, leaving early or absences will not be tolerated unless an emergency arise or you have arranged with Coach Lackey to leave before tryouts start.

We will write a number on you with a marker to identify you during tryouts.

The coach's minimum expectation for qualifying for the Bowie Swim Team includes:

- Able to successfully calculate and work with intervals in completing sets.
- Able to swim three of the four complete strokes without being disqualified.
- Able to dive into the water head first from the side of the pool.
- Able to complete three of four competitive turns without being disqualified.
- Able to complete a set of 10 x 100s freestyle on a 1:30 interval.
- Able to complete a set of 6 x 100s individual medley on a 2:00 interval.
- Able to compete the entire tryout.

Meeting the coach's minimum expectations does not assure you a position on the team. Membership may be limited the size of the team. In addition, the Coach Lackey will ask swimmers to perform certain drills to uncover dexterity as part of the qualification process.

Coach Lackey highly recommends conditioning yourself for this qualification.

## Bowie Swim Team Members Financial Responsibilities

The Bowie Swim Team has an incredible booster club that performs fundraisers through the year. **Parents need to join our booster club, even if they do not take an active role.** The 2013-2014 club dues are not set yet. Last year's dues were \$45. This year's dues are expected to be \$50. Most expenses are paid by the booster club funds or by Austin ISD. The items below are not paid by the boosters, nor Austin ISD, and will therefore be your complete financial responsibility.

Due to the personal nature, necessary items that are not provided include (but are not limited to) a team swim suit and goggles. We will decide on our new team swim suit before the end of the school year and arrange a special purchase price for you through a particular vendor. Accepted team members will be advised on where to purchase your team suit. Women's swim suits should be between \$50 and \$60. Men's swim suits should be between \$30 and \$40.

We will not impose a team goggle. Swim team members can use any type of appropriate swim goggles as of now. Recommendations will be made when suits are announced. If this changes to required uniform wear, team members will be notified.

Due to normal swim suit wear, swimmers are recommended to also have a swim suit for practice. Practice suits can be of any style and color, as long as appropriate. Students wearing inappropriate swim wear may be asked to leave and counted absent for that practice.

Often, swimmers will have a personal competition swim suit. These will be acceptable for use at certain swim meets toward the end of the season. For most all meets however, a Bowie team suit is required swimwear for all team members.

Throughout the year, our team attends several competitions. Most all expenses are paid during these events, though unforeseen or personal expenses may arise. Please be prepared for additional expenses, such as entertainment, meet t-shirts, or such.

AISD provides certain items for team members, such as team t-shirt, parkas, swim caps, equipment, and more. Bowie Swim Team members are responsible for the care and cleaning of all issued items. Items such as shirts and equipment shall be issued throughout the school year. Team attire will be required wear for all competitions to show team unity.

Team equipment and certain uniform items will be ordered during the end of this school year. Please complete the size table included in this packet and turned in to Coach Lackey with your other forms.

## Bowie Swim Team

## Meet and Practice Rules and Requirements

The first steps necessary to be eligible for tryouts is to complete this application and submit it to Coach Lackey (box at school). Emergency contact cards must also be completed prior to trying out for the team (available from school trainer and at the tryouts). Accepted athletes must next complete an AISD Athletic Participation form, the accompanying acknowledgments, and complete a physical (since 2-2013) to be eligible to practice.

The 2012-2013 Bowie Swim Team attended 6 regular swim meets last year. We are expecting to attend either 5 or 6 meets this year as well. The meet schedule has not been set. Meetings will be held with the Bowie athletic director and booster club leaders to decide which meets to attend. Traditionally, most swim meets are held on Friday only. However, several meets later in the season are two day meets, and/or included a preliminary and final competition. Once a meet schedule is set, team members and boosters will be notified. Last year's schedule is included in this packet.

It is the expectation of all Bowie swimming and diving team members to attend our selected competitions and practices. Lettering in swimming, and maintaining membership rely on attending meets and practices. Coach Lackey expects swimmers and divers to make every effort to attend all scheduled meets. Situations warranting exception will be discussed as they arise. But in order to compete, you must have a passing grade for the past 6-weeks. Before competitions, the pass/fail list will always be reviewed to determine eligibility. It is the expectation of Coach Lackey for all team members to be passing all classes.

Since the swim team is an elective sport, 1<sup>st</sup> period is allocated to team practice. The Bowie team practices Monday through Thursday from 6:15am to 7:45am as of now. All swimmers are expected to attend and be in the pool on time for all practices unless arrangements have been made with that swimmer and his/her club coach. Bowie divers will have special arrangements for practices and need to speak with Coach Lackey about expectations. Regular 2013-2014 Bowie Swim Team practices begin with the school year in September.

In past school years, the swim team has traditionally taken off for the Christmas holiday, and ended the swim practices all together after the state championship meet in February. It is the intent of Coach Lackey to arrange for practices during the Christmas break, and to continue swim practicing until the end of the school year. Swimming is a year-around sport. Our selected team members should expect to practice throughout the entire school year.

During practices, at meets, at other swim team occasions/meeting, at all school related functions, and generally anytime in public, all Bowie Swim Team members will abide by the appropriate conduct in order to maintain team membership. Coach Lackey reserves the right to dismiss anyone from the team at any time due to misconduct or any behavior deemed inappropriate, even if the infraction was not associated during swim team time. It's the expectation of Coach Lackey and Bowie High School for our team to use appropriate conduct and language at all times, as representatives of the school and their community.

## Bowie Swim Team Application

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Preferred or Nickname: \_\_\_\_\_ DOB: \_\_\_\_\_ ID#: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Parent or Guardian info:

Mother's Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Cell: \_\_\_\_\_ Work: \_\_\_\_\_

Mother's email address: \_\_\_\_\_

Father's email address: \_\_\_\_\_

List all other personal and school activities: \_\_\_\_\_

\_\_\_\_\_

I \_\_\_\_\_ wish to apply for membership on the Bowie High School Swimming and Diving Team. I have read and fully understand the rules and requirements for membership. I agree to follow the rules and meet the requirements for the entire year if I am selected as a member of the team. I further understand that the coach has the final authority over my participation in this activity.

Student signature: \_\_\_\_\_

Parent signature: \_\_\_\_\_

Typed on a separate sheet of paper, please complete the following sentence stem:

I want to be a Bowie swimmer/diver because...

Bowie Swim Team - personal size chart

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Items to be ordered have not yet been determined. This personal size chart will help our team to order items quickly when we have orders to make. Please complete the following chart whether you have been accepted as a team member or not. Thank you.

T-Shirt (adult) S – XXL \_\_\_\_\_

Shorts (waist) S – XL \_\_\_\_\_

Parka (adult) S – XL \_\_\_\_\_

Fins (adult male) 5.5 – 14 \_\_\_\_\_

Warm-ups (adult) S – XL \_\_\_\_\_

This chart should be turned in to Coach Lackey along with the other papers from this packet before participating in team tryouts.