

# Dawson High School Try Outs 2021

## Procedure and Expectations

Hello All,

First, I want to say thank you to all the support and encouragement I have received since being promoted to head coach. I appreciate all that coach Prybil has done to prepare me for the head position and am looking forward to a great year of aquatics. The Dawson High School Try-out will be the unofficial start of my tenure, and I wanted to send something out so the team would know how the try out will work and what to expect on August 9. I want all to know that as a Head Coach I realize that not everything we try to do this year will be a perfect method. Things will change from year to year as I learn and grow as a coach.

The tryout will be completed by every athlete that wants to be on the Dawson Aquatics program regardless of previous achievements or non-high school related competition. Please remember you **MUST have a physical on file to tryout.**

The primary tryout will be **August 9<sup>th</sup> from 2pm until we finish**, which I estimate to be around 5:30pm. If you are not in town for the tryout on August 17<sup>th</sup> starting at 2pm. Please note that the second date has limited space and the athlete's schedule changes may be delayed. Do not use the second date tryout unless it is unavoidable.

On the day of the tryout, we will have a team meeting in the stands. Athletes need to be dressed and ready to get in the water following the meeting. After the meeting we will do a team warm up including dry land stretches and swimming. Once we finish the warmup the Tryout will work like a swim meet. I intend to send out a preliminary meet program this week. Each athlete will compete **in all 5 events** in this order. Female Heats then Male Heats – **50 Free, 100 Butterfly, 100 Back, 100 Breast, 200 Free**. All times will be recorded using the timing equipment at the pool. Once all the races are completed, we will have a team cooldown and a final meeting before dismissal.

My intention is to work with the tryout times to determine varsity and junior varsity rosters within a couple of days. I will be working with the counselors to change schedules to ensure your athlete will be on the correct schedule on Day 1 of classes.

Earlier this summer I released Time Standards. Those have been updated to include the 200 free and are posted on the website.

Finally, I have the final say on what the rosters will be, some athletes may be on varsity even without the automatic times.

I look forward to seeing everyone next weekend at the tryout. Please email me if you have any questions!

Thanks,

Coach Cox

Dawson Head Swim and Water Polo Coach