

Cullman Swim Team Tryouts

May 18th 3:45

May 22nd 9am

Swim team tryouts will be held in May for ages 6-18.

CST is a competitive team where swimmers will learn all the strokes and be expected to participate in swim meets. It is not a replacement for fitness swimming or swim lessons. Swimmers will practice in a large group setting and be expected to follow directions of the coaches.

8 and under: Young swimmers must be able to swim the length (25 yards) of the pool without pushing off the bottom or hanging onto lane ropes. They must be comfortable putting head in water while swimming.

Ages 9 and up should be able to complete 2 lengths (50 yards). Freestyle and backstroke will be evaluated. Swimmers must also swim with face in water.

All swimmers must come ready to listen to coaches and enjoy some practice time after the initial tryout (about 30 minutes). Wear suit, bring towel and goggles. (Goggles and fins will be required for team).

Some swimmers may be referred to swim lessons rather than swim team.