

Pleasant Grove Summer Swim

We want every swimmer to have an amazing experience with swimming. The tryouts are as much for the swimmer as the team. When you have mastered certain skills in swimming, a team can be a fun and supportive way to learn and practice swimming. If a swimmer is not ready it can lead to a frustrating experience that can negatively influence swimming for life.

Name _____ age _____

1- Did not attempt

2- Partial mastery

3- Mastery

Freestyle	0	1	2
Breathing to side	0	1	2
Backstroke	0	1	2
Breaststroke	0	1	2
Butterfly	0	1	2
Endurance	0	1	2
Follow directions	0	1	2
Attitude/interest	0	1	2

Coach _____

Swim Team Ready

Not Ready