

# Pearland High School Swim Team Tryouts 2021

## Procedures and Expectations

My name is Amanda Westmoreland and I will be the Head Swim Coach here at Pearland HS. I am extremely excited to have this opportunity to coach high school athletes. My background in swim is from my college days when I was a swim instructor for beginner swimmers, a life-guard and manager of a pool. I competed when I was young and swam the breast and freestyle races/relay. My coaching experience goes back 17 years with 2 years coaching JV and Varsity tennis and 15 years as a Girl's Athletic Coordinator and Coach. This year is going to be a learning one for me, so please be patient and realize things will look different from the past. I will continue the Pearland Tradition of Pride, Honor and Success and will give my best to make your athlete the best he/she can be.

The tryout will be completed by every athlete that wants to be in the Pearland Aquatics program regardless of previous achievements or non-high school related competition. I do not know any of the athletes nor any of their abilities, so EVERYONE must try out. Please remember you **MUST have a physical on file along with Rank One completed to tryout.**

The primary Tryout will be **August 10<sup>th</sup> from 4-7pm, or until we finish.** If you are not in town for the tryout, you may try out on August 17<sup>th</sup> starting at 3pm. 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 by August 9<sup>th</sup>. 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 try out times to determine varsity and junior varsity rosters which should take at least 2 days. Teams will be posted on my webpage through Pearland HS. 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.

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 at our Meet and Greet on Thursday, August 5<sup>th</sup> from 5-6pm at the Pearland Natatorium and then again at tryouts. Please email me if you have any questions!

Amanda Westmoreland

westmorelanda@pearlandisd.org