

Zizzer Swim Team Requirements

2023-2024 School Year

Varsity swim teams are limited to 16 boys and 16 girls.

All swimmers wanting to be on the swim team must come to the first week of practice. At the end of the first week, swimmers must be able to meet the following criteria to be considered for the Varsity team:

- Legally swim at least 3 of the 4 competitive strokes.
- Swim a 50 Freestyle with a flip turn and no stops in under 45 seconds.
- Swim a 200 Freestyle without stopping.
- Swim a 100 of a second competitive stroke legally without stopping.
- Have a positive attitude and actions at all practices.
- Be able to commit to practices and meets.

Other criteria such as speed, being able to legally swim all 4 competitive strokes, and endurance will be considered if more than 16 can complete the above criteria.

Swimmers unable to complete the above criteria or not making the top 16 will be allowed to practice during times in which all lanes of the pool are available.

Final decisions and team numbers are at the Head Coach's discretion.

Sincerely,

Head Coach Ryan Smith

Boys' Assistant Coach Sheila Sparks

Girls' Assistant Coach Kourtney Stockton