

SWIM CLUB TRYOUTS



Rams Swim Club TRYOUTS

WHO: Our Tryouts are open to new swimmers. Kids Ages 5 & Over. Our club has swimmers from Altoona, Ankeny, Bondurant, Des Moines, Pleasant Hill and Runnels!

WHERE: SE Polk High School pool. 7945 N E University Ave, Pleasant Hill, IA 50327

WHEN: 6pm on: Monday 8/22, Wednesday 8/24, Tuesday 8/30, Thursday 9/1 and 10:30am on: Saturdays: 9/10 & 9/17 (*only need to attend one tryout session*). The coach & team talk will take place before the water session.

BRING: Swimsuit, towel, goggles

SWIM SKILL: Tryouts will include swimming each stroke pool length (25 yards). Strokes will include freestyle, backstroke, butterfly and breaststroke.

CLUB FEES: Depends on the level of ability & competitive capabilities plus swim meet fees. Training group information can be found on our website under Club Info/Training Groups. USA Swimming membership is required.

ONLINE REGISTRATION: Available on our team website www.ramsswimmingia.com.



Rams Swim Club (RSC) is a USA Swimming sanctioned competitive swim team.

COACHES

All Rams Swim Club coaches are certified by USA Swimming and have a background in competitive swimming.

PARENT INVOLVEMENT is very important for the success of the team. We want engaged families to help our athletes to succeed. We will ask for volunteers for our hosted meets.

FREE TRIAL: We offer a 1-week free trial to all new swimmers!

QUESTIONS? Email

Admin@RamsSwimmingIA.com or HeadCoach@RamsSwimmingIA.com

[Pre Swim Club Swim Lessons](#)

Do you love the water, but need to learn the strokes? Lessons are open to all swimmers (Ages 3+) and are taught by certified USA Swimming Coaches.

Our swim lessons program teaches the 4 competitive strokes, racing starts and turns. We focus on technique, breathing, underwaters and more! The goal is to have the kids join the competition team once they complete lessons! Click [HERE](#) for more swim lesson information on our website.

