

# SWIM CLUB TRYOUTS



## Rams Swim Club TRYOUTS

**ONLINE REGISTRATION:** Pre-registration required through our team website [www.ramsswimmingia.com](http://www.ramsswimmingia.com).

**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:** 5:45pm on Tuesday 3/21, Thursday 3/23 and Friday 3/24 (*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.

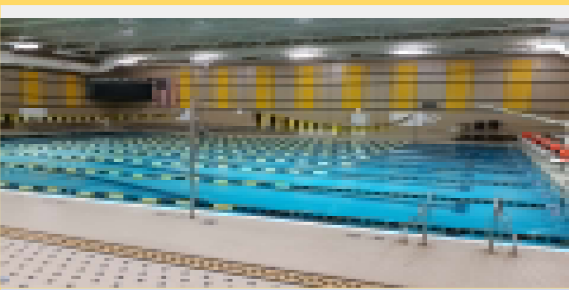
**CLUB FEES:** Depends on the level of ability & competitive capabilities plus swim meet fees. Training group information can be found on our website under Club Info/Training Groups. USA Swimming membership is required.



### [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.



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 meets and other team activities.

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

**QUESTIONS?** Email

[Admin@RamsSwimmingIA.com](mailto:Admin@RamsSwimmingIA.com) or  
[HeadCoach@RamsSwimmingIA.com](mailto:HeadCoach@RamsSwimmingIA.com)

