



So you are thinking about joining the...
Kenmore Boys Swimming & Diving Team!

Tryouts:

There are **NO TRYOUTS**, however athletes will be placed on either JV or Varsity based on their effort, times in practice and races, and fitness levels. Even if you have never swam competitively before, you can still join. If you have experience with dance and/or gymnastics, you should consider learning to become a springboard diver!

Season Length:

*Winter Season– November 5-January 26**

*Those athletes who qualify for the Class A Meet, Sectional Championship, and the State Meet will continue to practice and compete into February and early March.

Practice Sessions:

Practices are a part of being on the team. Regular practice is essential for over-all team success. Being at practice, every day, is a team expectation. Practices are held Monday through Saturday for about two hours. Practice schedules are available on the team website.

Meets: Meets are generally on Tuesday and Friday beginning at 5 pm. Occasionally, we attend large scale invitational on Saturdays. Meets last about two hours.

Website:

<https://www.ktufsd.org/Domain/277>

Competitive Swimming and Diving are awesome sports because:

- Swimming and diving are both total body workouts. Both burn fat, tones, and builds muscle strength.

