

# **2019 MONMOUTH HEIGHTS MARLINS SWIM TEAM!**

## **TRYOUTS/EVALUATIONS**

**MARCH 17, 2019.**

**AT THE FREEHOLD YMCA POOL**

**7:00 PM**

Ages **5-8** will swim 25 yards of freestyle\* and may swim 25 yards of 1 other stroke that they choose.

Ages **9 and 10's** will swim 50 yards of freestyle\* and may swim 50 yards of 1 other stroke that they choose.

Ages **11 and 12's** will swim 50 yards of freestyle\* and may swim 50 yards of 1 other stroke that they choose.

Ages **13-18** will swim 100 yards of freestyle\* and may swim 50 yards of 1 other stroke that they choose.

**New accepted swim team members with no prior swim team experience will be asked to participate in our Spring Warm up. The cost is \$75. The dates are Sunday Evenings March 17, 31, April 7,14, May 5, 19, June 2, 9 from 7-8pm at the Freehold YMCA**

Please bring a check and the sign-up form for the Spring Warm up to the tryout.

*What to bring – swim suit, towel and goggles. Girls with long hair, please put hair up or wear a swim cap.*

**For further information please email Coach Bonni Mora at [mhmarlins@gmail.com](mailto:mhmarlins@gmail.com)**