

Aquatics Tryout Info

- ☐ Create/Complete Rank One Forms
- ☐ Submit current physical to Rank One
- ☐ Swim- must know all 4 strokes
- ☐ Polo- can float & tread water
- ☐ Email coaches your interest
- ☐ Present for all tryout dates
- ☐ Polo Tryout Date Aug 1
- ☐ Swim Tryout 2nd week of school
- ☐ 7th period aquatics & after school practice till 4:15PM