

# PRECOMP SWIM TEAM

## Fall 2024

Dates	Registration Opens @7pm	Fees	Tryouts
September 9th—October 3rd (4 weeks)	Thursday, August 8th	Member: \$54 Non-Member: \$62	Thursday, August 8th @11:30am INDOOR RACE
October 7th—October 30th (4 weeks) <small>*NO practice 10/17*</small>	Thursday, October 3rd	Member: \$54 Non-Member: \$62	Thursday, October 3rd @6pm INDOOR RACE
November 4th—November 21st (3 weeks)	Wednesday, October 30th	Member: \$41 Non-Member: \$47	Wednesday, October 30th @6pm INDOOR RACE

**Practices are held Monday-Thursday from 4:00-4:45pm OR 5:00-5:45pm in the Indoor Pools.**

The Cottonwood Heights Precomp Swim Team is designed for those swimmers who have completed swim lessons and are ready for more of a challenge! In this group, swimmers will be placed in assigned groups each day based off of swim technique, skills, and age. Our CHP coaches will work individually as well as in a group with swimmers to perfect their techniques and prepare them for the CHAT swim team (further participation not required).

**\*TRYOUTS ARE REQUIRED TO PARTICIPATE\***

Starting swimmers in the CHP swim team program will be asked to complete a tryout before being accepted onto the team. The tryout consists of a 50 yard freestyle, 50 yard backstroke, 25 yard breaststroke, and 15 yard butterfly. All of these skills are taught in our swim lesson program in order to prepare swimmers for tryouts.

\*Your swim lesson instructor may offer a tryout on the LAST day of lessons if requested. \*

<p><b>Questions?</b>  <b>Madie Durrant</b>          Aquatics Program Coordinator          801-943-3190 ext.119  <a href="mailto:madie@cottonwoodheights.com">madie@cottonwoodheights.com</a></p>	<p>Program Information &amp; Registration can          be found Online</p> <p><b>@CottonwoodHeights.com</b>  <b>Cottonwood Heights</b>          Parks &amp; Recreation</p>
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