

SWIM TRY-OUTS:

Try-outs for the McKinney High Swim Team will take place **August 7th and 8th from 5:00pm-6:30pm** as well as on **August 10th at 6:30- 8:00 am**. Please show up **30 minutes** before we get into the water for check in. We will announce teams on August 11th and make the necessary schedule changes that will go into effect on Monday, August 14th. Athletes who make varsity swim will be in first period, athletes who make JV swim will be in second period.

DATE	TIME TRIALS	TIME	
August 7th	50 Free 50 Breast 100 Free	1st Period Varsity-6:30 am-8:00 am	2th Period JV- 8:25 am-9:00am
August 8 th	50 Fly 50 Back 100 IM	Swimmers will need to arrive at school at 6:15am. Swimmers will need to dressed in their suit with their gear ready to get in the water Swimmers will be given 20 minutes to shower/change and eat before 2nd period	Swimmers will need to be on the pool deck by 8:30am, changed and ready to swim.
August 10 th	50 Free 200 free		
Try out Goal Times		New Boy Swimmer	Boy Returner
Boys		50 free-:30 50 back-:35 50 breast-:40 50 fly-:33 100 IM-1:17 100 Free-1:10 200 Free-2:30	50 free-:28 50 back-:33 50 breast-:37 50 fly-:31 100 IM-1:15 100 Free-1:05 200 Free-2:20
		New Girl Swimmer	Girl Returner
Girls		50 free-:33 50 back-:36 50 breast-:43 50 fly-:35 100 IM-1:20 100 Free-1:15 200 Free-2:35	50 free-:31 50 back-:34 50 breast-:40 50 fly-:33 100 IM-1:17 100 Free-1:10 200 Free-2:25

DIVE TRY-OUTS:

During the tryout period coaches will be looking for the **potential** to master the following skills. Tryouts will be held on **August 10th, 11th, and 14th.** We will announce dive teams on August 16th and make the necessary schedule changes as needed.

DATE	DIVE TRIALS	TIME
August 10 th August 11 th August 14 th	<ul style="list-style-type: none">• Forward dive• Forward somersault tuck• Back dive• Back somersault tuck• Reverse dive	• 4th Period Divers -10:15 am-11:00 am

PHYSICALS:

ALL athletes must have a current physical in order to participate in tryouts on **August 7th**. Physicals need to be turned into the trainer to review, and need to be turned in **BEFORE August 4th** in order to try out. You can drop your physical off at McKinney High School. Physicals must be dated after April 1, 2023 for participation in athletics for the 2023-2024 school year. Physicals must be completed on the official **MISD IVORY physical form.**

ONLINE PAPERWORK:

Parents of athletes must complete the online **RankOne forms**, linked below in order for athletes to try-out.

These must be done **before August 4th.**

<https://mckinneyisd.rankonesport.com/New/NewInstructionsPage.aspx>

PROOF OF RESIDENCY:

DO NOT UPLOAD UNTIL INSTRUCTED TO DO SO.

- PROOF OF RESIDENCY GUIDELINES
 - Utility must have the service address on it
 - Apartment lease - first & last page with signatures
 - No cable, internet, cell phone, or mortgage statements will be accepted
 - **WE WILL EMAIL WHEN WE ARE READY FOR PROOF OF RESIDENCY, DO NOT UPLOAD UNTIL INSTRUCTED!!!**
- The name on the bill must be one of the parents or guardians listed in Rank One.
- Address must match the address on file in the MISD student information system.

BIRTH CERTIFICATE:

For incoming Freshmen & Athletes NEW to the program only. Upload a copy of the birth certificate to Rank One or email to **Coach Stroh at cstroh@mckinneyisd.net**

