



MCKINNEY NORTH SWIM & DIVE
TRY-OUT INFORMATION 2024-2025

Contact Head Coach Stephanie Cusack with any questions.
scusack@mckinneisd.net

Try-outs for the McKinney North Swim Team will take place August 6th through August 8th. Location: APEX, located at 3003 Alma Rd, McKinney. If an athlete needs to change their schedule, we will make the necessary schedule changes that will go into effect on Monday, August 12th. Athletes who make varsity swim will be 1st period, athletes who make JV swim will be 3rd period.

Varsity training groups will be the most qualified swimmers to ensure that MNHS can train in order to compete against district, regional and state competition. JV training groups will enable more athletes to train in order to support the team throughout the season at meets as much as possible. JV athletes must be able to swim a 50 Freestyle in order to be on JV.

DATE	TIME TRIALS	TIME & LOCATION	
		1 st Period	3 rd Period
August 6 th Transportation on this day MUST drop off AND pick up. As there is no school today for students.	200 Free 50 Free	Time: 6:00am – 6:50am Locker room facilities - will be available for all athletes after practice. Athletes are not allowed to store essentials overnight in the locker room at the APEX	Swimmers will be bussed over to MHS, we will go over this procedure the first two days of school. Swimmers must pack their own lunch daily as there is not enough time to get lunch from the cafeteria.
August 7 th Transportation on this day MUST drop off AND pick up. As there is no school today for students.	100 (choice Fly, Back, Breast) 100 Free	Transportation to Practice: Athletes are responsible for their own transportation to practice. Transportation to MNHS after tryouts: If the athlete has <u>1st period swimming</u> listed on their class schedule, there will be a bus that leaves APEX at 7:50am to transport them to MNHS arriving in time for 2nd period.	
August 8 th 1st Day of School	Boys: 5x100 Free @ 1:25 Girls: 5x100 Free @ 1:30 50 Fly 50 Back 50 Breast	If an athlete has <u>3rd period swimming</u> listed on their class schedule, they or parents are responsible for transportation to MNHS in time for their 1st period class.	



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DIVE TRY-OUTS:

Unless there are more than 4 girls and 4 boys wanting to dive, everyone signed up for 4th period diving class will be considered a Varsity diver on the team.

DATE	DIVE TRIALS	TIME & LOCATION
August 8 th August 9 th	<ul style="list-style-type: none"> • Forward dive • Forward somersault tuck • Back dive • Back somersault tuck • Reverse dive 	<ul style="list-style-type: none"> • 4th Period Divers will be bussed over to MHS. Divers must pack their own lunch daily as there is not enough time to get lunch from the cafeteria.

PHYSICALS:

ALL athletes must have a current physical in order to participate in tryouts on August 6th. Physicals need to be turned into the trainer to review, and need to be turned in **BEFORE August 5th** in order to try out. You can drop your physical off at the MNHS Athletic Trainer’s office, and cleared via their office. Physicals must be dated after April 1, 2024 for participation in athletics for the 2024-2025 school year. Physicals must be completed on the **OFFICIAL MISD physical form**. Any questions, contact our athletic trainers: Logan Steiner lsteiner@mckinneyisd.net or Kim Oku Forrester kokuforrester@mckinneyisd.net

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 5th**.

<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 TIL 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 Cusack at scusack@mckinneyisd.net.

VARSITY EQUIPMENT:

Varsity Swimmers need: mesh equipment bag, training fins, paddles, and a snorkel

Snorkel – something like this:

<https://amzn.to/3OhwvpN>

Fins – something like this:

<https://amzn.to/3MK0WEEd>

Paddles – something like this: ****Only order SMALL paddles****

<https://amzn.to/3xNyaOt>

UPDATED AS OF 3/16/2024



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