



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

Contact Head Coach Sarah Cooper with any questions.
sacooper@mckinneysd.net

SWIM TRY-OUTS:

Try-outs for the McKinney Boyd Swim Team will take place August 5th through August 9th. We will announce teams on August 12th and make the necessary schedule changes that will go into effect on Tuesday, August 13th. Athletes who make varsity swim will be in seventh period, athletes who make JV swim will be in fifth period. During the tryout, swimmers will be evaluated on speed (series of timed swims), aerobic endurance (test sets), and strength of stroke (stroke & turn technique) throughout the tryout. Each swimmer will be scored on their performances and efforts throughout the tryout and then Varsity and Junior Varsity Teams will be determined.

DATE	TIME TRIALS	TIME & LOCATION
August 5th	200 Free 50 Free 100 Back	Sam Serio Natatorium 3:00 PM – 4:00 PM *Note these tryout days are before school starts, they are required*
August 6th	100 Fly 100 Free 100 Breast	
August 7th	Boys: 8x100 Free @ 1:25 Girls: 8x100 Free @ 1:35	
August 8th	First Day of School	Meet in L107 during athletic period
August 9th	UIL Safety Presentation	*Makeup tryouts are Friday, August 9th 3:00-4:00 for any missed tryouts*

DIVE TRY-OUTS:

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

DATE	DIVE TRIALS	TIME & LOCATION
August 12th August 13th	<ul style="list-style-type: none"> • Forward dive • Forward somersault tuck • Back dive • Back somersault tuck 	<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. Physicals need to be turned into the trainer to review and need to be turned in **BEFORE AUGUST 1ST** in order to try out. You can drop your physical off at McKinney Boyd. Physicals must be dated after April 1, 2024 for participation in athletics for the 2022-2023 school year. Physicals must be completed on the **OFFICIAL MISD BLUE 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 1ST**.

<https://mckinneysd.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 Cooper at sacooper@mckinneysd.net.