



ROCK THE BLOCKS, RIDE THE WAVE

SWIM TEAM EVALUATIONS 2024 SPRING/SUMMER

WHEN: Saturday, March 23rd, 3pm-4:30pm
Sunday, March 24th, 6pm-7:30pm
Monday, March 25th, 6pm-7:30pm

WHERE: Dowling Catholic High School Pool
1400 Buffalo Rd, West Des Moines, IA 50265

Please enter through the south entrance for the pool and gym.



2024 NEW SWIMMER EVALUATIONS

AGES: 6-18 years old

BRING: Swimsuit, goggles, towel, swim cap (optional)

***SWIM SKILLS:** Evaluations will include swimming the length of the pool (25 yards) with each stroke as well as a short swim team practice.

SEASON DATES: April 1-July 28

CLUB FEES: Dependent upon training group and optional meet participation.

PARENT INVOLVEMENT: Engaged families are essential for the success of the team. Riptide will host a swim meet in May and parent support is necessary for planning and running a successful meet.



Practice schedules, important dates, upcoming events, team meet schedule and additional information can be found at www.dowlingcatholicriptide.org. Additional questions can be emailed to the team at dchscriptide@gmail.com.

*Swimmers unable to swim 25 yards of freestyle and 25 yards of backstroke should consider swimming lessons prior to trying out for swim team.