

Pacific Dragons Swim Team (PDST) TryOut Form

Visit PDST @: www.PDSwimTeam.org

Swimmer Information:

First Name	Middle Name	Last Name
Birthday (MM/DD/YYYY)	Gender	中文姓名(if available)

Are you going to transfer from another swim team into PDST: Yes (); No (). If YES:

() Summer League Team (Name of the Team) _____

() A PNS team name: _____ Practice Group: _____

Reasons to join PDST: _____

Parents (Guardians) and Contact Information:

First Name	Last Name (Father or 1 st Guardian)	中文姓名(if available)
First Name	Last Name (Mother or 2 nd Guardian)	中文姓名(if available)
Primary Email address for team contact*		
Home address		
Primary phone number for team to contact		

Do you have a current family membership of Jewish Community Center or Sammamish Club: () Yes, membership #: _____; () No.

Please note: Swimmer will be placed into groups primarily based on ability, not by age.

Coaches Use Only: Tryout Date _____; Coach's Initial(教练) _____

游泳技术 (Stroke Techniques)	会/稍会/不会 (Good/OK/No)	50 码时间 (50Y Time)	100 码时间 (100Y Time)	200 码时间 (200Y Time)
蝶泳(Butterfly)				
仰泳 (Back)				
蛙泳 (Breast)				
自由泳 (Free Style)				
身体素质 (Body physical quality)	优 (Excellent)	良(Good)	一般 (OK)	差 (Improve Required)
浮力 buoyancy				
水感 Water sense				
灵敏 nimbleness/sensitivity				
爆发力 Explosiveness				
身体协调 Coordination				

