**Synchronized Swimming Team Tryouts**

Would you like to try a sport that develops **strength, endurance, flexibility, power, coordination, and teamwork skills**?

Tryout for the synchro team at CIS!

* Girls and boys are both welcome!
* If interest of boys is sufficient, a boys only team will be created

**Tryout Schedule:**

**Grade 4-6**= Tuesday, April 23rd & Tuesday, April 30th

**Grade 7-12**= Tuesday, April 23rd & Monday, April 29th

**Required Equipment:**

Swim suit, goggles, cap, nose clip (nose clips will be provided for tryouts)

Teams will be announced on Sunday, May 5th

**Practice Schedule:**

Grade 4-6= Tuesday 3:15-4:15 from May 7th to June 11th

Grade 7-12= Monday 3:15-4:15 from May 6th to June 10th

Watershow= Wednesday, June 12th @ 3:30pm

\*\*Attendance at practice is mandatory!

Please Sign and bring with you tryouts

I give my child, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, in grade \_\_\_\_ permission to tryout for the synchronized swimming team at C.S.I. I understand that only a certain number of spots on each team are given.

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Parent signature Date

Questions? Please contact Ms. Shannon at: sbenson@cisabudhabi.com