




Pope Swimming and Diving Tryout Rubric 2010 - 2011



Swimmer Name _____				(Circle)	if no, swimmer cannot try out!!		
Grade _____				Physical	Yes	No	
200 Free Start				Directions: Each swimmer will swim a 200 Freestyle for time and will be evaluated using this rubric by the coaching staff. Each swimmer will then be allowed to rest and swim a 50 of their choice and be evaluated by the coaching staff. Each swimmer will receive a combined score from the 200 Free trial and the 50 Choice Trial below.			
0 points	3 points	7 points	10 points				
does not use starting block. Jumps feet first from wall.	does not use starting block. Does head first dive from wall	uses starting block with satisfactory start. ie. Head/body position is correct	Quick explosive start from block, clean breakout and streamline	Total:	At the conclusion of tryouts the coaching staff will select approximately the top 25 girls ranked by points and the top 25 boys ranked by points. The coaching staff may select more or fewer swimmers depending on lane availability for practices. Remember we only get 3 lanes for practice. We cant fit everyone in 3 lanes safely!!! Names of those who make the team will be posted on the Bulletin board and team website.		
Notes:	200 Freestyle Flip Turns				Total Points for Tryouts		
	0 points	1 point	2 points	3 points			
	no flip turn. Grabs wall and pushes off.	half flip (on side) no stream line, breathes off wall	complete flip turn but slow off wall, some streamline present	Quick flip, in and off the wall fast, streamline and clean breakout	Swimmers Rank _____ (from back) (from back) (out of 100)		
	turn 1						Start Total
	turn 2						Turns Total
	turn 3						Stroke Total
	turn 4						Speed Total
	turn 5						50 Choice Total
turn 6				Swimmers Total Points			
turn 7							
Flip Turn Total:							

Notes:	200 Freestyle Stroke				
	0 points	5 points	10 points	20 points	
	no stroke evident. Doggie paddle	freestyle present. Swimmer has to stop and use lane rope	consistent stroke. may be choppy. Breathing is consistent.	Smooth and fluid stroke. Pacing and bilateral breathing are evident	
Stroke Total					

Coaches Notes: _____

Continued from front...

200 Freestyle			Male Times		Swimmers Time		
0 points	5 points	10 points	15 points	20 points	25 points	30 points	Total
3:01 - slower	2:46 - 3:00	2:36 - 2:45	2:28 - 2:35	2:19 - 2:27	2:09 - 2:18	2:00 - 2:08	

200 Freestyle			Female Times		Swimmers Time		
0 points	5 points	10 points	15 points	20 points	25 points	30 points	Total
3:16 - slower	3:05 - 3:15	2:54 - 3:04	2:43 - 2:53	2:32 - 2:42	2:21 - 2:31	2:10 - 2:20	

Swimmers Choice for 50 Free, Breast, Back, Fly (circle)

50 Choice Starts				Stroke Start Turn Speed Total for 50	50 Choice Stroke			
0 point	1 point	3 points	4 points		0 point	1 point	3 points	5 points
does not use starting block. Jumps feet first from wall.	does not use starting block. Does head first dive from wall	uses starting block with satisfactory start. ie. Head/body position	Quick explosive start from block, clean breakout and streamline		no stroke evident. Doggie paddle	stroke is evident Swimmer has to stop and use lane rope	consistent stroke. Breathing is consistent.	Smooth and fluid stroke. Pacing and bi-lateral breathing are evident
50 Choice Turn				Total for 50	50 Choice Speed			
0 point	1 point	3 points	5 points		0 point	1 point	3 points	5 points
no turn present grabs wall and pushes off.	semi appropriate turn for stroke choice	complete turn but slow off wall, some streamline present	Quick turn, in and off the wall fast, streamline and clean breakout		see chart below for each stroke	see chart below for each stroke	see chart below for each stroke	see chart below for each stroke

female 50 Free		female 50 Breast		Female 50 Butterfly		Female 50 Back	
5 points	28.50 & faster	5 points	34.50 - 38.50	5 points	28.50 - 32.50	5 points	29.50 - 32.75
3 points	28.51 - 33.50	3 points	38.51 - 42.50	3 points	32.51 - 35.50	3 points	32.76 - 36.00
1 point	33.51 - 36.00	1 point	42.51 - 46.50	1 point	35.51 - 38.50	1 point	36.01 - 39.75
0 points	36.01 - slower	0 points	46.51 - slower	0 points	38.51 - slower	0 points	39.76 - slower

Male 50 Free		Male 50 Breast		Male 50 Butterfly		Male 50 Back	
5 points	25.00 & faster	5 points	33.50 - 36.75	5 points	27.50 - 29.00	5 points	29.00 - 32.00
3 points	25.01 - 28.00	3 points	36.76 - 40.00	3 points	29.01 - 30.50	3 points	32.01 - 34.01
1 point	28.01 - 31.00	1 point	40.01 - 43.75	1 point	30.51 - 32.00	1 point	34.01 - 36.00
0 points	31.01 & slower	0 points	43.76 - slower	0 points	32.01 - slower	0 points	36.01 - slower