



# NEW SWIMMER TRY-OUTS

**SUNDAY, SEPTEMBER 24<sup>TH</sup> @ 11AM**

**MUST PRE-REGISTER AT [WWW.ATST.ORG](http://WWW.ATST.ORG) (SELECT CONTACT US)**



Calling all future Katie Ledeckys and Caeleb Dressels!!! We are preparing for the upcoming winter season and looking for new swimmers ages 5-18! The Amherst Tritons Swim Team (ATST) is a non profit, competitive swim team dedicated to building the love of the sport or swimming while gaining fitness and confidence. We offer tiered, ability based practices after school in our fall/winter season (September-January) and a spring/summer season (April-July). Our coaches are certified through US swimming and provide a terrific atmosphere for youth swimming since 1972. Interested families must pre-register by visiting [www.atst.org](http://www.atst.org) and selecting the “contact us” button on the webpage. We hope to see you at the pool!

**MUST PRE-REGISTER FOR A TRY-OUT SPOT AT [WWW.ATST.ORG](http://WWW.ATST.ORG) (SELECT CONTACT US)**



**WE RECOMMEND SWIMMERS BE ABLE TO:**  
SWIM TWO LENGTHS OF THE POOL, HAVE KNOWLEDGE OF FOUR MAJOR STROKES (FREESTYLE, BREASTSTROKE, BUTTERFLY AND BACKSTROKE), AND BE ABLE TO DIVE HEADFIRST FROM THE SIDE OF THE POOL.

New swimmers who pass this initial evaluation are added to the team on a space available basis. Completing the try-out does not guarantee a spot on the team. This is not a school sponsored event.