

Evaluations for the CBST-SAL 2023-2024 season will be held in September (swimmers may be able to come for earlier evaluations if they make contact by mid-August). To receive the evaluation sign-up link, potential new members must complete the new member [pre-registration form](#) and email it to Jennifer Steinberg at <mailto:jsteinberg@cbsd.org>. Available evaluations will be filled on a first-come, first-served basis based on when the completed pre-registration is received. Information is provided below about our registration process and evaluations.

Please also consider the pre-team swim clinic. While swimmers are not required to participate in the pre-team clinic to participate in the team, we often find (especially with younger swimmers) that being out of the water for two months (from when their summer club team ends until our evaluations) causes them to not be evaluated as ready for the winter team. See pre-team clinic information [here](#).

### **Registration Process:**

1. Email completed CBST-SAL new swim team member [Pre-Registration Form](#) to Jennifer Steinberg ([jsteinberg@cbsd.org](mailto:jsteinberg@cbsd.org)) at your earliest convenience (available evaluations will be provided on a first-come, first-served basis).
2. Provide Swim Team [Physical](#) for Grades K-8 either via email to Jennifer Steinberg at the above email address or bring a paper copy to the evaluation (see physical form requirements below)
  - Physical form must be dated 9/1/2021 or after for the 2023-2024 team.
  - Physical form must be signed by swimmer's doctor.
  - The form here is provided for your convenience, however, any completed and correctly dated, doctor-signed physical form will be accepted.
  - Our programs require a new physical form each fall (even if the one you provided in the prior year is not out-of-date).
  - Always keep a copy of your physical form for your records and for your use with this and other programs in the future.
3. Sign-up for an evaluation (sign-up link to be provided via email when available after completed pre-registration form is received). Attend evaluation.
4. After evaluations, swimmers evaluated as ready for the team will need to be signed-up through our portal online. This sign-up will include payment. Instructions (including deadline) will be provided by email after your evaluation.

### **Evaluations – Basic Information:**

Swim team evaluations for CBST-SAL will be held in September.

- Evaluations will involve swimming several laps and swimmers will be asked to show what they are able to swim for each of the four competitive strokes (freestyle, backstroke,

breaststroke, butterfly). Swimmers (especially younger children) do not need to be proficient at all four strokes to be placed on the team, but should, minimally, have a good grasp of freestyle and backstroke, with some knowledge of breaststroke and butterfly. Speed will come with time but to be placed on the team, swimmers will need to be able to swim several laps over the course of their practice time when practices begin. Swimmers who need more time to get to this level will be referred to lessons to be sure that they are in the program best suited to their needs so that they can enjoy swimming for years to come. For more details about required skills, follow this [link](#).

- After evaluations, parents will be advised of their swimmer's placement, either on the CBST-SAL team or lessons may be recommended.
- Time in the pool at evaluations will be roughly 15 minutes. Families should allot an hour for the entire process (checking-in, receiving results, etc.).
- Swimmers should come with a towel and swimsuit and anything else that they need to swim (goggles, hair tie, cap if they use one). Swimmers should wear a one-piece racing suit (not a fashion suit or shorts) with no extra apparel items (such as a swim shirt) and should use swim goggles (not a face mask) and a swim cap (if they have long hair).
- Complete evaluation details will be included in the evaluation sign-up when provided after receipt of your pre-registration form per above.