

Hammerhead Swimming



*Short Course  
Season*

# *Evaluations*

**Monday, July 22nd**

**Ocean Pines Swim & Racquet Club Pool**

10 Seabreeze Rd, Ocean Pines, MD 21811

Evaluations are being held for the upcoming USA Swimming Short Course Season, which runs from September through March.

## **A RESERVATION IS REQUIRED:**

- Send an email to [registeropsthammerheads@gmail.com](mailto:registeropsthammerheads@gmail.com) and include:
  - swimmer's name
  - age
  - swim experience
- An assigned time, between 5pm-7pm, will be sent. Requests will be considered.

## **WHAT TO EXPECT:**

- Bring goggles
- Swimmers will be asked to swim 1 lap of each stroke, it's ok if they don't know all 4, but coaches will ask that they try
- Coaches will determine what practice group is the best fit for each swimmer or recommend additional lessons.

Attending an evaluation does not guarantee a spot on the OPST roster. Available pool space will determine the roster size at the time registration opens. Participants will be contacted if a spot in the recommended practice group is available.

[www.opsthammerheads.org](http://www.opsthammerheads.org)