



## CREEKSIDE HIGH SCHOOL

100 Knights Lane  
St. Johns, Florida 32259  
[www-cshs.stjohns.k12.fl.us](http://www-cshs.stjohns.k12.fl.us)

### **A 2023 Creekside Knights Swimmer or diver must demonstrate the following criteria:**

1. All student-athletes will register with the online paperless eligibility system, Athletic Clearance. In the event of an emergency, medical staff will have immediate access to your student's vital information. All student-athletes **must be cleared prior** to any athletic participation including, but not limited to tryouts and conditioning. This includes uploading the following:
  1. Student Physical (EL2). This form must be signed by the student, parent, and physician.
  2. NFHS Certificates. All athletes are required to complete three NFHS courses **every year**:
    - Concussion in Sports- What You Need To Know
    - Heat Illness Prevention
    - Sudden Cardia Arrest
  3. Signature Items: Parent and students must read the mandatory documents and submit signatures.
  
2. **Swimming:** The coaching staff will review selection on a rank and individual basis on below areas to fill roster numbers (22 Male swimmers/ 22 Female swimmers). Title IX may affect roster numbers (if applicable).
  - Complete pre-tryout information and communication through the team's website: [www.creeksideknights.swimtopia.com](http://www.creeksideknights.swimtopia.com)
  - Attend one try-out day for Endurance and Stroke Proficiency
    - **Endurance** is measured by completion of 10x25's kick on :30 and 10x100 free on or under 1:45(female)/ 1:30 (male).
    - **"Stroke Proficiency"** areas evaluation is on proper mechanics and timing of the 4 for the four competitive strokes. A competitive swimmer should score a 3 or higher on a 4 point scale for each of the four competitive strokes.
  - Attend time trial session. Swimmer will be timed in 3 High School swimming events: 50 freestyle, 100 freestyle, and 1 event picked by the athlete. They will also choose to swim a 50 backstroke, breaststroke, or butterfly for time. A Varsity swimmer should be able to complete the swim within the consideration time (16th Place at 2022 District plus 3 seconds per each 100 yards (See chart on team website).
  - All days: Have Satisfactory in the "Reliability", "Respect", "Attentiveness" and "Endurance" areas of the evaluation form each day. This is observed by coaching staff through direction and interaction with staff and potential teammates.
  - If unable to attend all the days, then contact and approval must be made with the Head Coach Tracy Da Costa by email ([ushadiva@comcast.net](mailto:ushadiva@comcast.net)) in advance of absence.
  
3. **Diving:** Complete pre-tryout information and communication through the team's website: [www.creeksideknights.swimtopia.com](http://www.creeksideknights.swimtopia.com) and Contact Atlantic Coast Diving ([admin@AtlanticCoastDivingJax.com](mailto:admin@AtlanticCoastDivingJax.com)) to set up try-out evaluation. Athletic Clearance (above item 1) must be completed prior to participation with the diving program.

***The goal for the 2023 Creekside Knights Swimming and Diving Team is to develop and set traditions in a safe and sportsmanlike manner in a competitive Florida High School Swimming and Diving program.***