



## Vandegrift High School Swim & Dive Team Tryout Information



**Bella Mar Pool in Steiner Ranch**  
**Returning Swimmer: May 4 at 7:00am**  
**New swimmer: May 6 at 5pm**

### Details:

- Tryouts are for those girls and boys incoming grades 9 - 12 that are serious about joining and being committed to the Vandegrift High School Swim Team for the entire year. The Swim Team is not a P.E. class or a learn-to-swim program. It is a highly competitive varsity-only team, with cuts every year.
- Tryouts will consist of warm up, a pace set of 10x100's on 1:10 or 1:20 and time trials.
- **All athletes must have an athletic physical on file with the VHS athletic trainers before tryouts. The physical is specific to Leander ISD. Returning swimmers do not need to turn in a new physical as long as theirs last year was after May 4<sup>th</sup>. If your physical is on file at a middle school, you need to get a copy to the VHS trainers. Physicals can be brought to Vandegrift or emailed to [chris.shivers@leanderisd.org](mailto:chris.shivers@leanderisd.org) or [linda.bowman@leanderisd.org](mailto:linda.bowman@leanderisd.org). Please do not bring your physical to tryouts. I am not allowed to accept them. Link to forms: <https://www.leanderisd.org/cms/One.aspx?portalId=79318&pageId=450547>**
- Please wear a suit and bring cap, goggles, towel, and water bottle. No other equipment is needed.
- There is no minimum time requirement to try out for the team, however it is highly encouraged that athletes can legally complete at least a 100 of each stroke.
- The following times are a suggested minimum time standard. These are by no means "cut times", but it is highly suggested you can swim at least 2 events at the times listed below.

Suggested Minimum Time Standards		
Girls	Event SCY	Boys
2:10.00	<b>200 Free</b>	2:05.00
2:25.00	<b>200 IM</b>	2:20.00
27.00	<b>50 Free</b>	25.00
1:10.00	<b>100 Fly</b>	1:05.00
59.00	<b>100 Free</b>	54.00
5:50.00	<b>500 Free</b>	5:45.00
1:08.00	<b>100 Back</b>	1:05.00
1:20.00	<b>100 Breast</b>	1:12.00

- If you are a returning swimmer and have achieved ONE (1) of the following times in the last 12 months, you do not need to swim at tryouts, but you must still attend tryouts. All freshman and new members must try out regardless of times.

Automatic Team Qualification Standards				
Girls		Event	Boys	
LCM	SCY		SCY	LCM
2:12.59	1:55.19	<b>200 Free</b>	1:44.99	2:01.69
2:32.89	2:11.49	<b>200 IM</b>	1:58.39	2:19.09
28.49	24.99	<b>50 Free</b>	22.29	25.49
1:07.99	58.79	<b>100 Fly</b>	53.09	1:01.09
1:01.39	53.49	<b>100 Free</b>	48.19	55.49
4:39.69	5:09.29	<b>400/500 Free</b>	4:45.79	4:21.69
1:10.99	59.49	<b>100 Back</b>	53.89	1:04.29
1:20.89	1:09.49	<b>100 Breast</b>	1:01.59	1:12.69

**\*\*If you cannot make the tryout date OR you are interested in being a diver, please email Coach for details:**

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