



Vandegrift High School Swim & Dive Team
 2020-21 Tryout Information
 At Bella Mar Pool in Steiner Ranch

FOR Current team members, or any other interested current VHS students:
 Thursday, March 12th at 7:00am

*** FOR New swimmers - entering Freshmen from CRMS or FPMS only:
 Thursday, March 12th at 7:30pm – contact Coach to sign-up

Swimmers moving to VHS district after March tryouts:
 Tryout date is TBD in July or August (contact coach – email info below)

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 Varsity 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. Unfortunately, there is no JV swim team at VHS.
- Tryouts will consist of a warm-up, a pace set of 10x100's on 1:10 or 1:20, and time trials for your 2 best 50's (1 is freestyle, the other is another non-free stroke of your choice). Tryouts will take about 1 hour.
- Please wear a competitive suit and bring cap, goggles, towel, and water bottle. No other equipment is needed.

CURRENT PHYSICAL REQUIRED TO TRY OUT:

- All athletes **must have an athletic physical on file with the VHS athletic trainers before tryouts**. No athlete will be allowed to tryout without this done. The physical is specific to Leander ISD (contact Coach Denison for the physical form – or use the link below). You can have your own physician complete and sign the physical form, or come to VHS at the times below for a \$____ fee to have them completed by our staff physician. **This must be done after February 24th (post high school swim season), but before March 10th**. All completed and signed physical forms can be emailed to the VHS athletic trainers (chris.shivers@leanderisd.org or linda.bowman@leanderisd.org). Please do not bring your physical form to tryouts. The coach is not allowed to accept them.

Link to physical form: https://www.uiltexas.org/files/athletics/forms/PrePhysFormRvsd1_10_20.pdf?fbclid=IwAR0xlqUBKgYaMc_IrC3qNRk9b_ju1My2BPhpZTDHVBjerc4qriX2LQufurQ

Dates for physicals at VHS: _____

- There is no minimum time requirement to try out for the team, however it is highly encouraged that athletes can swim at least 2 events at the times listed below.

Suggested Minimum Time Standards		
Girls	Event SCY	Boys
2:10.00	200 Free	2:05.00
2:20.00	200 IM	2:15.00
27.00	50 Free	25.00
1:08.00	100 Fly	1:01.00
59.00	100 Free	54.00
5:50.00	500 Free	5:30.00
1:09.00	100 Back	1:02.00
1:17.00	100 Breast	1:12.00

ALL SWIMMERS MUST GET A NEW PHYSICAL COMPLETED AFTER FEB. 20th (post UIL swim season), BUT BEFORE MARCH 10TH to be eligible for tryouts (no exceptions). To do this, you may either use the form attached (new this year), and scan/email the completed signed form (signed by your physician) to the athletic trainers by the deadline (email below). OR come to VHS to have the school doctor perform your physical for a small fee. (dates and details to be announced shortly for late Feb, early March).

Trainer Emails:

chris.shivers@leanderisd.org or linda.bowman@leanderisd.org

All current team members will have to tryout again, as no spots are guaranteed from year to year. The only exception is current team members with a sectionals time cut in 1 or more events, based on the newest standards. (see link below). Swimmers must bring a proof of time to Coach Lisa by March 1st if this is the case.

Sectional Cuts 2020:

<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2020speedosectionalstimestandards.pdf>

If attending tryouts and new to VHS swim team – contact Coach Denison to sign up for a spot
***If you cannot make the tryout date OR you are interested in being a diver or team manager, please email Coach for details:**

Lisa.Denison@leanderisd.org