



Vandegrift High School Swim & Dive Team
2021-22 Tryout Information



At Bella Mar Pool in Steiner Ranch

FOR New swimmers - entering Freshmen, or any VHS student not on current team

Tryout Date: Friday, February 12th at 7:30pm (arrival 7:15pm)

Transfer students moving to VHS district after tryouts: your date to tryout is TBD in July 2021 (contact coach)

If interested in tryouts – contact Coach Denison to sign up for a spot and receive the required questionnaire

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.
- Tryouts will consist of warm-up, a pace set of 10x100's freestyle on 1:10 or 1:20, and time trials for 50 free and 100 choice stroke (must be non-free). Tryouts will take about 1 hour.
- **All new 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 if needed – or, if you already have a physical on file with CRMS or FPMS, please have your school athletic director email it to the VHS trainers). Otherwise, you will need to go to your own physician to have a physical done. 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.**
- Please wear a competitive 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 swim at least 2 events at the times listed below to have the best chance of making our team.

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

If attending tryouts – contact Coach Denison to sign up for a spot and receive the required questionnaire

****If you are interested in being a diver or team manager, please email Coach Denison for details:**

Lisa.Denison@leanderisd.org