



2025 - 2026 Cedar Park High School Swim & Dive Try Out Information and Prerequisites



Date for swimming tryouts: Friday, April 11th from 7:30 a.m.-8:30 a.m.

*All potential members are expected to be on deck and ready to swim by 7:15 a.m. Late arrival does not guarantee a tryout.

Location: Waterloo Swimming - 12332 Ranch Rd. 620 N BLDG C, Austin, TX 78750

*If this date does not work, please email Coach Kyla Gargiulo: kyla.gargiulo@leanderisd.org about a possible tryout make-up date.

All potential divers need to contact Coach Gargiulo at the above email address.

Swimming at CPHS is a year-round varsity sport. This is NOT a “learn to swim” program. Athletes will swim between 3,000-6,000 yards per practice and will be required to be proficient in each of the 4 strokes. Focus will be on technique, endurance, speed, and building mental and physical toughness.

Being a member of the varsity team is a privilege and an honor, and athletes will be held to a higher standard in attendance, behavior, discipline, and work ethic. Our season runs from August through February and team members are required to have the swimming elective for both 1st and 5th periods on their schedule. Team practice runs from 7:30 a.m.-9:00 a.m. on a daily basis and all members are expected to attend all practices.

All athletes must have an athletic physical on file with the CPHS athletic trainers before tryouts.

The physical is specific to Leander ISD. If your physical is on file at a middle school, you need to get a copy to the CPHS trainers. Physicals can be brought to Cedar Park HS or emailed to stefany.austin@leanderisd.org
[CPHS Trainer Website](#)

Please wear a suit and bring a cap, goggles, towel, and water bottle. No other equipment is needed.

The minimum swim set for tryouts will be: (There will be a short swim warm-up prior to this set)

- 10 x 100's freestyle on 1:45 (maintaining best average speed)
- 2 x 200 I.M. (focus on technique more than speed)
- 6 x 50's on 1:15 (2 fly, 2 back, 2 breast)
- 2 x 50's of the swimmers choice off the block - full speed

If you do not know what any of that means, have no competitive swimming background, and are not familiar with all four competitive strokes, a swimmer with no previous experience may have a hard time making the team.

All swimmers must also fill out the [Swim/Dive Contact Information](#) sheet prior to tryouts.

I look forward to meeting you!

~Coach Kyla Gargiulo

[CPHS Swim Team Website](#)