

CREEKSIDE HIGH SCHOOL

100 Knights Lane
 St. Johns, Florida 32259
 Phone: 904-819-7300
 Fax: 904-547-7305
 E-mail: <http://www-cshs.stjohns.k12.fl.us>



The goal for the 2015 Creekside Knights Swimming and Diving Team is to develop and set traditions in a sportsmanlike manner in a competitive Florida High School Swimming and Diving program.

Try-out Qualifications (Swimming): To be a 2015 Creekside Knights Swimmer, an athlete must demonstrate the following criteria:

All student athletes must have the following forms on file in the Athletic Office prior in order to participate in Creekside Athletics: Student Physical (EL2), Complete Physical dated between 2015 and one (1) day before your first practice.

- Signed parent permission form (EL3) and Heat & Concussion form (EL3CH).
 - Minimum of a cumulative 2.0 GPA.
 - Must be less than 19 years 9 months old.
 - Must have completed the 8th grade for the first time less than 4 years ago.
- Attend all try-out days for evaluation. If unable to attend all the days, then contact and approval must be made with the Head Coach by email in advance.
 - Boys try-outs: Tuesday 8/ 11 and Wednesday 8/12, 5:30 am-7:30am
 - Girls try-outs: Thursday 8/13 and Friday 8/14, 5:30 am-7:30am
 - Time trials: Saturday 8/15 12pm-2pm
 - Have Satisfactory (1/2 filled in) or higher in the “Reliability”, “Respect”, “Attentiveness” and “Endurance” areas of the evaluation form each day.
 - Score a 3 or higher in 3 out of 4 “Stroke Efficiency” areas**
 - Each swimmer will be timed in 3 High School swimming events: 50 freestyle, 100 freestyle, and be able to pick 1 event to swim for time during time trials (Saturday). A **VARSITY** swimmer should be able to complete the swim within the consideration time within 3 seconds per each 100 yards. (See chart below)**

Girls' Events	3A District Time	Team Consideration	Boys' Events	3A District Time	Team Consideration
200 Freestyle	2:15.27	2:21.27	200 Freestyle	2:06.29	2:12.29
200 Individual Medley	2:39.89	2:45.89	200 Individual Medley	2:22.11	2:25.11
50 Freestyle	27.07	28.57	50 Freestyle	24.86	26.36
100 Butterfly	1:13.12	1:16.12	100 Butterfly	1:02.67	1:05.67
100 Freestyle	1:01.79	1:04.79	100 Freestyle	56.00	59.00
500 Freestyle	6:22.91	6:37.91	500 Freestyle	6:04.76	6:19.76
100 Backstroke	1:18.69	1:21.69	100 Backstroke	1:06.07	1:09.07
100 Breaststroke	1:21.94	1:24.94	100 Breaststroke	1:13.09	1:16.09

****In addition, the coaching staff will review selection on a rank and individual basis on above areas to fill roster numbers (26 Male swimmers/ 26 Female swimmers) and Title IX if one of the above criteria is not met.**