

Creekside High School

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The goal for the 2018 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 2018 Creekside Knights Swimmer, an athlete must demonstrate the following criteria:

- All student athletes must have completed registration and forms on AthleticClearance.com prior to participation in Creekside Athletics or try-outs. This includes uploading Student Physical (EL2) and 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 (ushadiva@comcast.net) in advance.
 - **Girls try-outs: Tuesday 8/7 and Wednesday 8/8, 5:30 am-7:30am**
 - **Boys try-outs: Thursday 8/9 and Friday 8/10, 5:30 am-7:30am**
 - **Time trials: Saturday 8/11 Warm up: 8am; Meet start: 9am- 11:30 am (based on competition of last event). Athletes should stay to support teammates unless excused by Coach with prior written consent.**
- **All days:** Have Satisfactory (1/2 filled in) or higher in the “Reliability”, “Respect”, “Attentiveness” and “Endurance” areas of the evaluation form each day.
- **Day 1:** Endurance is measured by completion of 10x25’s kick on :30 and 10x100 free on 1:45(female)/ 1:30 (male).
- **Day 2:** Score a 3 or higher in 3 out of 4 “Stroke Efficiency” areas for the four competitive strokes.
- **Day 3:** At the time trial (Saturday) each swimmer will be timed in 3 High School swimming events: 50 freestyle, 100 freestyle, and 1 event picked by the athlete. A **VARSI** swimmer should be able to complete the swim within the consideration time (16th Place at 2017 District plus 3 seconds per each 100 yards (See chart below)).

The coaching staff will review selection scores and rank the individual’s performance on above areas to fill roster numbers (25 Male swimmers/ 25 Female swimmers).

Girls’ Events	3A District Time	Team Consideration
200 Freestyle	2:15.65	2:21.65
200 Individual Medley	2:36.49	2:42.49
50 Freestyle	27.81	29.31
100 Butterfly	1:17.67	1:20.67
100 Freestyle	59.67	1:02.67
500 Freestyle	6:20.81	6:35.81
100 Backstroke	1:15.29	1:18.29
100 Breaststroke	1:20.96	1:23.96

Boys’ Events	3A District Time	Team Consideration
200 Freestyle	2:18.88	2:24.88
200 Individual Medley	2:30.80	2:36.80
50 Freestyle	24.63	26.13
100 Butterfly	1:08.41	1:11.41
100 Freestyle	54.06	57.06
500 Freestyle	6:33.50	6:48.50
100 Backstroke	1:12.56	1:15.56
100 Breaststroke	1:15.57	1:18.57