

Creekside High School

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



The goal for the 2019 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 2019 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**.
- **Boys try-outs: Tuesday 8/ 6, Wednesday 8/7 6:00 am-7:30am; Time trials: Saturday 8/10 9am- 11:30 am**
- **Girls try-outs: Thursday 8/8 and Friday 8/9, 6:00 am-7:30am; Time trials: Saturday 8/10 9am- 11:30 am**
- **Time trials: Saturday 8/10 Warm up: 8am; Meet start: 9am- 11:30 am. Athletes should stay to support teammates unless excused by Coach with prior written consent.**
- All days: Have Satisfactory in the “Reliability”, “Respect”, “Attentiveness” and “Endurance” areas of the evaluation form each day. This is observed by coaching staff through direction and interaction with potential teammates.
- **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: “Stroke Efficiency” areas** Score a 3 or higher in 3 out of 4 for the four competitive strokes.
- **Day 3: 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 **Varsity** swimmer should be able to complete the swim within the consideration time (16th Place at 2018 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 (23 Male swimmers/ 23 Female swimmers). Coaching staff reserves the right to take up to or less than 2 more swimmers than above roster number if the swimmer(s) completed all requirements and were tied or close performance score.

| Girls’ Events | 4A District Time | Team Consideration |
|-----------------------|------------------|--------------------|
| 200 Freestyle | 2:16.41 | 2:22.41 |
| 200 Individual Medley | 2:39.49 | 2:45.49 |
| 50 Freestyle | 26.72 | 28.22 |
| 100 Butterfly | 1:06.79 | 1:12.79 |
| 100 Freestyle | 58.93 | 1:01.93 |
| 500 Freestyle | 6:24.26 | 6:39.26 |
| 100 Backstroke | 1:13.03 | 1:16.03 |
| 100 Breaststroke | 1:22.85 | 1:25.85 |

| Boys’ Events | 4A District Time | Team Consideration |
|-----------------------|------------------|--------------------|
| 200 Freestyle | 1:59.24 | 2:05.24 |
| 200 Individual Medley | 2:24.13 | 2:30.13 |
| 50 Freestyle | 24.31 | 25.81 |
| 100 Butterfly | 1:03.83 | 1:06.83 |
| 100 Freestyle | 54.33 | 57.33 |
| 500 Freestyle | 5:37.09 | 5:52.09 |
| 100 Backstroke | 1:07.24 | 1:10.24 |
| 100 Breaststroke | 1:13.20 | 1:16.20 |