**Tompkins High School Swimming and Diving**



**2022-2023 Tryout Information**

**Tryout Dates: August 11th, 12th and 13th - 6am-9am**

Please expect to be there the entire time. Each day of tryouts will include a 20 minute open warm up session, then the scheduled events. Each swimmer must tryout in every event to the best of their ability. Events will be run in the order below, with girls heats first, followed by boys heats. We will be using the full timing system. Results will be posted at the pool each morning for the previous day.

**Thursday, August 12th**

50 Freestyle

200 IM

100 Breaststroke

**Friday, August 13th**

100 Freestyle

100 Butterfly

**Saturday, August 14th**

200 Freestyle

100 Backstroke

**Please see “Making a Team” for time standards for both the JV and the Varsity Teams.**

**\*\*In order to Tryout, all swimmers are REQUIRED to have their physical and online paperwork filed with the school.\*\*\***

Swimmers will be required to bring the following to Tryouts:

Swim Suit (one piece for girls/jammer or brief for boys)

Goggles

Cap (mandatory for girls, optional for boys)

Towel

**Teams will be posted Monday, August 15th at 8am on the door to the Natatorium.** Counselors will be informed of athlete placement, so schedules can be arranged as quickly as possible.

**Making a Team**

**Varsity:**

If your goal is to make the Varsity team, please read the description of Varsity below, and make sure that this is the type of program you would like to be placed in. Swimming for the OTHS Varsity swim team takes a huge amount of commitment, discipline, and hard work.

There are two ways to automatically make the Varsity team.

1. **Finish in the top 4 of any one event at Tryouts**
2. **Make 2 of the following time standards at Tryouts (these are based on previous tryouts times from 2015-2021)**

|  |  |  |
| --- | --- | --- |
| **GIRLS** | **EVENT** | **BOYS** |
| 2:15.99 | **200 Free**  | 1:55.99 |
| 2:30.99 | **200 IM** | 2:14.99 |
| 27.99 | **50 Free**  | 23.99 |
| 59.99 | **100 Free**  | 52.99 |
| 1:12.99 | **100 Fly**  | 58.99 |
| 1:09.99 | **100 Back**  | 58.99 |
| 1:20.99 | **100 Breast**  | 1:09.99 |

If you make 1 of the above time standards, you will be under consideration for the Varsity team. It does not guarantee you a spot.

If you don’t make any, it does not mean that you won’t make the Varsity team – it just means we will need to look at the points and the overall results from tryouts before we make a decision. These automatic qualifying standards will simply tell you when you walk out of the tryout that you made the Varsity team.

**JV**

Our JV Team is not a learn to swim program. To make the JV team, at the very least you must be:

1. **Proficient and legal in all 4 strokes and able to swim all 7 tryouts events to completion legally.**

The following time standards are a general minimum to make the JV team. However, Coach’s discretion will be used based on limited spots (due to lane space) and overall performance at tryouts.

|  |  |  |
| --- | --- | --- |
| **GIRLS** | **EVENT** | **BOYS** |
| 3:50.99 | **200 IM** | 3:40.99 |
| 38.99 | **50 Free** | 34.99 |
| 1:20.99 | **100 Free**  | 1:15.99 |

**Swimming and Diving Program Information**

OTHS Swimming and Diving’s goal is to build well rounded, selfless, respectful, hard-working, and highly disciplined student athletes who will succeed beyond the high school swimming program. This team will be one of both camaraderie and commitment - with the "team as family" mentality emphasized daily. Athletes will give 100% effort, work hard every day and be pushed both physically and mentally - but they should also enjoy their time with this program, and feel valued and respected. No one person is above the program and the team culture and expectations will always come first. We are not a great team because we're successful; we are successful because we're a great team.

**VARSITY**

The Varsity team is a high level, competitive program that includes swimming, treading, weight training, and dryland. Athletes will swim between 3,000-10,000 yards per practice, and will be required to be highly proficient in each of the 4 strokes. Focus will be on advanced technique, endurance, speed, and building mental and physical toughness*.* The goal of all members of the varsity team in the spring will be to place and advance out of the District meet, to Regionals and State. If you make this team and choose to make this higher level commitment – you are committing to a full year with the program. 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.Varsity athletes are highly encouraged to swim on a club team in addition to high school swimming, although it is not required.Varsity swimming will be 1st period/2 semesters

Practice: 5:55am-7:55am (including 1st period)

**JV**

The JV team is designed as a competitive swim program to further introduce athletes to the sport and prepare them for the Varsity team. Athletes will swim between 2,000-8,000 yards per practice and will be required at tryouts to be proficient in all 4 strokes. This is NOT a “learn to swim” program. Focus will be on technique of each of the strokes, dives, and turns – as well as building the endurance and speed needed to eventually compete at the Varsity level. JV swimming season ends in December with the District meet, but athletes will be in 7th period for both semesters and train through the end of the year.

Practice: 1:45pm-3:45pm (including 7th period)