



# Tompkins High School Swimming and Diving 2017-2018 Tryout Information

**Tryout Dates: August 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> @ OTHS Pool 6am-8:30am**

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. Friday afternoon there will be a call-back list posted on the door to the Nat for Friday's tryout. Saturday will be used to make the final cuts for the Varsity team.

**Thursday, August 10<sup>th</sup>**

50 Freestyle

200 IM

100 Breaststroke

**Friday, August 11<sup>th</sup>**

100 Freestyle

100 Backstroke

100 Butterfly

**Saturday, August 12<sup>th</sup>**

*\*Call-backs only\**

200 Freestyle

10x100 Freestyle @1:20

**\*\*In order to Tryout, all swimmers are REQUIRED to have their physical and online paperwork filed with the school. Please see attached Rank One Info Sheet\*\***

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

Tryouts are **MANDATORY** for all athletes wishing to make either the Varsity or JV team. There are **NO** make-up tryout days due to the limited window before school in the new KISD calendar.

It is imperative that you make a 100% commitment to this program by being at tryouts in their entirety. Please plan on making travel arrangements around these dates.

**Teams will be posted Monday, August 14<sup>th</sup> at 8am on the door to the Natatorium.** Counselors will be informed of athlete placement, so schedules can be arranged as quickly as possible.

# Swimming and Diving Program Information

OTHS Swimming and Diving's goal is to build well rounded, selfless, kind, 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 1<sup>st</sup> period/2 semesters

Practice: 5:55am-7:55am (including 1<sup>st</sup> 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 7<sup>th</sup> period for both semesters and train through the end of the year.

Practice: 1:45pm-3:45pm (including 7<sup>th</sup> period)