GCISD SWIMMING & DIVING

SINCE THE INCEPTION OF THE SWIMMING AND DIV-ING PROGRAM, THE TEAM HAS PRODUCED:

- OLYMPIC TRIALS
 QUALIFIERS
- TEAM REGION TITLES
- TEAM DISTRICT TITLES
- STATE CHAMPIONS & QUALIFIERS
- REGION CHAMPIONS & QUALFIERS
- DISTRICT CHAMPIONS
- ALL-AMERICAN ATH-LETES & SCHOLARS
- ALL-STATE TEAMS
- ATHLETES COMPETING
 AT THE NCAA DIVISION
 1-3 LEVELS

BE A PART OF HISTORY

WE OFFER VARSITY AND JUNIOR VARSITY SWIMMING AND DIVING.

*****SPACE IS LIMITED****

REQUIREMENTS FOR SWIM/DIVE TRYOUTS

- MUST BE PROFICIENT IN SWIMMING
- Varsity Tryouts will consist of but not limited to:

Full Varsity Practice which includes

8 x 100 (1:20 Boys/1:25 Girls),

4 x 100 I.M. (1:35 Boys/1:40 Girls)

Timed 50's with minimal rest

8 x 50 kick @ 1:00 and more varsity level sets

• JV Tryouts will consist of but not limited to:

Perform legal 100 IMs

Perform legal 50's of every stroke holding them under :50 each

8 x 100 (1:35Boys/1:40girls)

Timed 50's with minimal rest

GCISD SWIM CENTER Keller ISD Natatorium 2305 POOL ROAD 1000 Bear Creek Pkwy GRAPEVINE,TX 76051 Keller, TX 76248

DANIEL JAU - HEAD SWIM COACH

817.251.5662 (OFFICE)

DANIEL.JAU@GCISD.NET

STACY MCDANIEL - ASST SWIM COACH

817-251-5350 (OFFICE)

STACY.MCDANIEL@GCISD.NET

STACY MARINCASIU - DIVE COACH

817-251-5663 (OFFICE)

STACY.MARINCASIU@GCISD.NET

GCISD SWIMMING,& DIVING

A TRADITION OF EXCELLENCE!!!



SWIM TEAM TRYOUTS:

Physical required for swim/dive tryouts

Spring Tryouts

VAR/JV SWIM & DIVE APRIL 15 4:00 GCISD Swim Center

Summer Tryouts

VAR/JV SWIM & DIVE July 30 10:00 AM Keller ISD Natatorium

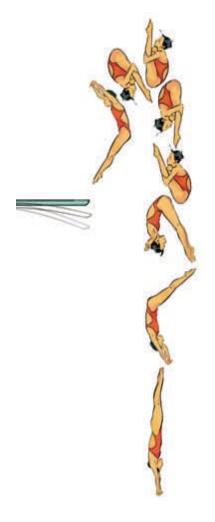
DIVING TEAM REQUIREMENTS

JV DIVING

 Must be able to perform a front, back, and inward dive.

VARSITY DIVING

 Must be able to perform dives from the 5 groups. (Front, back, inward, reverse, and twister)



GCISD SWIM CENTER

2305 POOL ROAD GRAPEVINE,TX 76051

STACY MARINCASIU
STACY.MARINCASIU@GCISD.NET

WHAT WILL YOU NEED TO BE SUCCESSFUL IN THIS CLASS?

- A POSITIVE, COURAGEOUS, ENERGETIC ATTITUDE
- A DESIRE TO LEARN AND TRY NEW SKILLS
- ABILITY TO SWIM
- ATTEND & PARTICIPATE DAILY

EQUIPMENT NEEDS

- SWIM SUIT
- TOWEL AND SAMMY

DIVING TRYOUTS:

April 15 4:00pm GCISD Swim Center

July 30
10am
Keller ISD Natatorium
Physical Required to Tryout

