

# 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 &  
QUALIFIERS
- 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 un-  
der :50 each

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

Timed 50's with minimal rest

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

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## 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

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## 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**