

# 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

WWW.GCISDAQUATICS.COM



SCAN ME

## BE A PART OF HISTORY

WE OFFER VARSITY AND JUNIOR VARSITY  
SWIMMING AND DIVING.

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

### REQUIREMENTS FOR HIGH SCHOOL SWIM 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

### REQUIREMENTS FOR HIGH SCHOOL DIVE TRYOUTS

- Must be able to swim
- Must be able to perform a front, back, & inward dive  
(JV). Must be able to perform reverse & twister (VAR)

GCISD SWIM CENTER

2305 POOL ROAD

GRAPEVINE, TX 76051

DANIEL JAU - HEAD SWIM COACH

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## GCISD SWIMMING, & DIVING

A TRADITION OF  
EXCELLENCE!!!



HS SWIM TEAM  
TRYOUTS:

Physical required for  
swim/dive tryouts

CHOOSE EITHER  
DATE OR BOTH

Spring Tryouts

VAR/JV SWIM & DIVE  
MARCH 7th

4:00 PM

GCISD Swim Center

Summer Tryouts

VAR/JV SWIM & DIVE  
DATE/TIME TBD.

PLEASE CHECK OUR  
WEBSITE