



East Lake High School Swim & Dive Team

Welcome East Lake High School Swimmers and Divers!

We are looking forward to an exciting 2019 season. Mandatory practice begins on August 5. Tryouts will be held August 5-8. Please refer to the Swimming Time Standards and the Dryland Standards for what Coach Rob will be evaluating during swim team tryouts. Coach Daniela will evaluate the dive team.

Required Paperwork:

The Pinellas County School Board (PCSB) and the Florida High School Athletic Association (FHSAA) set the rules for participation in high school sports and activities. All athletes must submit proper paperwork before they can participate in any activities – even practice.

- Athletic Forms - Athletic Participation Paperwork may be found on the East Lake High School (ELHS) website under Athletics. (<https://www.pcsb.org/eastlake-hs>)
- Insurance - Student Accident Insurance information may be found on the PCSB website under Athletics and Extracurricular Activities. ([pcsb.org](https://www.pcsb.org))
- Concussion Waiver - Swimmers and divers will be required to complete the Concussion for Students online course. (Watch the video, create user ID, download the certificate.)

Instructions for submitting the Student Accident Insurance and Athletic Participation Paperwork may be found on the ELHS website under Athletics > Athletic Participation Packet. You will need to upload the notarized participation form, the physical form completed and signed by a physician, the insurance receipt and the final concussion waiver.

Please be sure you read through this information and fill out all items completely. This will help ensure you are ready for the first day of practice. If you have any questions, please feel free to contact Coach Rob or Coach Daniela.

Thank you in advance for your support for the East Lake High School Swim and Dive Team.

Coach Rob Sajdak

Swimming Time Standards

In order to make the 2019 team you must make the following five qualifying times:

	<u>JV Girls</u> 9,10 Grade Only	<u>Varsity Girls</u> 11,12 Grade	<u>JV Plus Girls</u> 9,10 Grade	<u>Varsity Boys</u> 9 thru 12 Grade
100 Free	N/A	1:15.00	1:05.00	1:12.00
100 Back	N/A	1:25.00	1:15.00	1:25.00
100 Breast	N/A	1:38.00	1:28.00	1:34.00
500 Free	8:30.00	7:45.00	6:30.00	7:30.00
200 IM	3:45.00	3:30.00	2:50.00	3:20.00

***You may substitute one of the following times for one of the five events above:

50 Free	N/A	33.00	30.00	30.00
200 Free	N/A	2:38.00	2:18.00	2:30.00
100 Fly	N/A	1:25.00	1:18.00	1:22.00

Dryland Standards

2 Lap Track Run (must be under this time)	5:00	4:30	4:30	4:00
1 minute of pushups (must do more than this number - elbows to 90 degree angle)	15	25	25	30
1 minute of squats (must do more than this number - gluteus maximus must touch bleacher seat)	25	30	30	35
4 x 100 yd. dash (15 sec rest in between each one - must be under this total time)	2:30	2:15	2:15	2:10

**JV plus girls have the opportunity to swim varsity as 9th and 10th graders.

**if there is an issue with a time standard due to injury, please provide a doctor's note and consideration will be given appropriately.