

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)
- 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

the 2019 team you must make the following five JV Girls	Swimming Time Standards	ndards			
11/1 Girls 1/1 Girls 1/1 Grade 1/1 1/1 Grade 1/1 1/1 1/1 1/1 1/1 1/1	In order to make the 2019	team you must mak	e the following five	qualifying times:	
N/A 11,12 Grade N/A 11,12 Grade N/A 11,12 Grade		JV Girls	Varsity Girls	JV Plus Girls	Varsity Boys
N/A 1:15.00		9,10 Grade Only	11,12 Grade	9,10 Grade	9 thru 12 Grade
State N/A 1:25.00 State N/A 1:38.00 State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State State	100 Free	N/A	1:15.00	1:05.00	1:12.00
e N/A 1:38.00 e 8:30.00 7:45.00 may substitute One of the following times for one of the five events above: N/A 3:30.00 e N/A 2:38.00 N/A 1:25.00 and Standards 5:00 4:30 ack Run 5:00 4:30 and Standards 15 25 none than this number- 15 25 none than this number- 25 30 more than this number- 25 30 more than this number- 25 30 more than this number- 230 215 is maximus must touch bleacher seat) 230 215 dd. dash 2:30 2:15	100 Back	N/A	1:25.00	1:15.00	1:25.00
e 8:30.00 7:45.00 may substitute One of the following times for one of the five events above: 3:45.00 3:30.00 N/A 33.00 33.00 N/A 2:38.00 1:25.00 ack Run 5:00 4:30 ack Pushups 15 30 ack Goundards 5:00 4:30 ack Goundards 5:00 4:30 ack Goundards 5:00 4:30 ack Gold Goundards 5:00 5:30 <	100 Breast	N/A	1:38.00	1:28.00	1:34.00
3:45.00 3:30.00	500 Free	8:30.00	7:45.00	6:30.00	7:30.00
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e N/A 33.00 n/A 2:38.00 and Standards 1:25.00 ack Run ack Run ber this time) 5:00 4:30 ack Run ber this time) 15 25 nore than this number - to 90 degree angle) 25 30 to 90 degree angle) 25 30 more than this number - to 90 degree angle) 25 30 is maximus must touch bleacher seat) 2:30 2:15 od. dash 2:30 2:15	***You may substitute ONE of the	e following times for or	le of the five events abov	.e:	
e N/A 2:38.00 n/A 1:25.00 and Standards 5:00 4:30 ack Run 5:00 4:30 under this time) 15 25 of pushups 15 25 nore than this number - 25 30 to 90 degree angle) 25 30 more than this number - 25 30 is maximus must touch bleacher seat) 25 30 dd. dash 2:30 2:15	50 Free	N/A	33.00		30.00
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and Standards ack Run 5:00 4:30 under this time) 15 25 e of pushups 15 25 more than this number - 15 25 to 90 degree angle) 25 30 e of squats 25 30 more than this number - 25 30 is maximus must touch bleacher seat) 2:30 2:15 est in between each one - 2:30 2:15	100 Elv	N/A	1:25.00	1:18.00	1:22.00
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nups 15 25 his number - 25 30 ats 25 30 this number - this number - 2:30 2:15 must touch bleacher seat) 2:30 2:15 sen each one - 2:30 2:15	(must be under this time)				
be angle) 30 4ts 25 30 this number - must touch bleacher seat) een each one - 2:30 2:15	1 minute of pushups	15	25	25	30
## 30 30 30 41s ats ats ats ats ats ats ats ats ats at	(must do more than this number -				
ats 25 30 this number - must touch bleacher seat) 2:30 2:15 sen each one - 2:30 2:15 2:15	elbows to 90 degree angle)				
this number - must touch bleacher seat) 2:30 2:15	1 minute of squats	25	30	30	35
must touch bleacher seat) 2:30 2:15 sen each one -	(must do more than this number -				
2:30 . 2:15	gluteus maximus must touch bleacher seat)				
(15 sec rest in between each one -	4 x 100 yd. dash	2:30	. 2:15	2:15	2:10
	(15 sec rest in between each one -				
must be under this total time)	must be under this total time)				

If there is an issue with a time standard due to injury, please provide a doctor's note and consideration will be given appropriately. $\ensuremath{^{} \mathrm{JV}}$ plus girls have the opportunity to swim varsity as 9th and 10th graders. ,