



## Westlake Swimming & Diving Defending State Champions

Follow the team and get updated info/results/pictures: [www.westlakeswimming.com](http://www.westlakeswimming.com)

Head Boys Coach: Steve Navarro [snavarro@eanesisd.net](mailto:snavarro@eanesisd.net)

Head Girls Coach: Alison Soelter [asoelter@eanesisd.net](mailto:asoelter@eanesisd.net)

### **Course Description:**

This course will train swimmers/divers for interscholastic competition. The swimming/diving team is a highly competitive team that requires prior competitive swim experience in order to make it through tryouts. Participants need to be highly motivated and mentally prepared for daily vigorous training. Team members are required to attend swim practice Monday through Friday during 8th period and weight room/ dry land exercises (also during 8th period). Currently, practices are held at the Rollingwood Pool (Transportation not provided by Eanes ISD. Team parents organize an optional carpool) until 5:30 p.m. Swimmers choosing to swim for a club team and high school will still need to be enrolled in the swimming class and be required to attend high school practice at least once per week and turn in an 8th Period Swim Release Waiver. These swimmers must be either at our practice or in route to club practice every single day of the week or their waiver will be revoked.

Swimmers who make the team are required to abide by the team handbook and attend all swim meets unless prior arrangements have been made with the coach.

**Swimming Tryouts:** Must have physical turned in. All new swimmers and returning swimmers that did not score at the district meet must tryout. Currently any divers with club experience will be accepted.

Currently we only have a varsity program at Westlake. 25 Boys and 25 Girls make the team based on previous times recorded at sanctioned swim meets and performance at tryouts. Students that do not make the team will need to switch their schedule before the 2<sup>nd</sup> week of school is over. The tryout sets and requirements are on the back of this page.

**DIVERS WANTED!!!!**- Divers are part of the swim program and compete and score points for the team. If you have any previous diving experience please contact one of the coaches. Westlake Swimming and Diving is a program rich in tradition and state titles. Join a club diving team today and you will have an immediate impact on this program come August!

## **Tryout Procedures**

The Westlake Swim Team is a competitive swim team and not a learn to swim physical education class. Pool space and pool time are limited and swimmers must be able to complete workout sets without affecting the flow of practice. Swimmers must meet these minimum requirements: Complete full warm up without stopping (400yd freestyle easy swim, 400 I.M. 50 kick/50 drill of each stroke, 6x75s choice kick/drill/swim on 1:30). Freestyle set (3x 100 swim on 1:45, 3x100 on 1:40, 3x100 on 1:35, 3x100 on 1:30). I.M. set (3x 100 I.M. swim on 1:50, 3x 100 I.M. on 1:40). Swimmers will also be timed on a 50 sprint of each stroke. If all minimum requirements are met we will then keep 25 boys and 25 girls based on their performance on the sets, 50 yard sprint times, and official times registered under the student's name in the USA Swimming database.