



CONSOL SWIMMING & DIVING



Varsity Course Description:

This course will train swimmers/divers for interscholastic competition. The Varsity 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 as well as any mental performance training sessions, and dry land exercises. Practices will be held at the CSMS Nat. The Varsity squad is for those that are serious about swimming and diving competitively, and aim to be on our championship team.

Varsity Expectations:

High School Swim & Dive is a TEAM sport! While we race individually, we score points for the team. Every athlete is expected to put the success of the team over their own personal successes. Athletes are required to attend daily practice and all competitions and abide by the team handbook as well as the CSISD Student Code of Conduct.

Diving Varsity requires individuals to have an 11 dive list and a minimum DD of at least 10.0. Of those that have an 11 dive list. Divers must be on a club diving program as CSISD does not have access to diving boards.

Swimming Tryouts: May 30th OR July 31st at 11am

Diving Tryouts: Please email Coach Kirk

++ALL athletes must have the required physical form (dated after 4/1/25) turned in prior to trying out. You may get a physical through the district on May 14th at Consol.

Tryout Procedures (Minimum Expectation)

The Consol Program is a competitive swim team and NOT a "learn to swim" physical education class. All athletes will complete the same tryout sets:

- Warm-Up: 300 yd freestyle easy swim, 4 x 75's IM order as 25 K - 25 Dr - 25 Sw
- Kick Set: 8 x 50 @ 1:15
- Freestyle Set: 8 x 100 @ 1:45 (boys) & 1:50 (girls)
- Swimmers will also be timed on a 50 sprint of each stroke.

Varsity Swimmers must meet these minimum requirements:

Complete full warm up of 400 swim & 4 x 100 IM K/D/K/S without stopping, 10 x 50 Kick @ 1:00, and 10 x 100 Free @ 1:15 (boys) & 1:20 (girls). Swimmers will also be timed on a 50 sprint of each stroke. We will keep a maximum of 16 athletes per squad (Girls/Boys) based on their performance on the sets, 50 yard sprint times, previous HS season times, and official times registered under the student's name in the USA Swimming database for the 2024-2025 season.

Diving Tryouts: All Divers must tryout, with the exception of those that competed with a list that has a DD of 11.0 or higher. Please email Coach Kirk for specific information on tryouts.

Sub-Varsity Squad: Swimmers who do not meet the Varsity requirements and/or the Varsity squad is full will be named to the Sub-Varsity squad. Sub-Varsity (JV) is limited to 18 total athletes.

Any further questions, please reach out to Coach Kirk at marcykirk@csisd.org