



Try Out Policy

Website: <http://www.cvswimdive.com>

Twitter/X: @cvswimdive

Head Coach: G. Michael Gobrecht

mike@cvswimdive.com

Phone:

(717) 514 2287

Try-Out Dates: **November 13,14,15** for any new swimmer at the CV Natatorium @ 3:30pm

Minimum "Expectations" to be on the Varsity Team at the High School level to include the following:

1. 500 freestyle under 7:00
2. Swim 100 yards of each stroke
3. Complete a 200 IM under 3:00
4. Commit to being on a varsity team – AM practices/PM Practices/Weight Room
5. Prior Diving Competitive Team Experience (for Divers)

In addition to the above, the following areas will also factor into the evaluation of each swimmer: 1) Academics 2) Behavior in School 3) Attitude 4) Work Ethic

55 swimmers/divers on the team total.

AM practices begin at 5:30am on days of swim/dive meets

PM workouts begin at 3:30pm for swimmers

PM workouts for divers "to be determined"