

GCISD SWIMMING & DIVING

SINCE THE INCEPTION OF
THE SWIMMING AND DIV-
ING PROGRAM, THE TEAM
HAS PRODUCED:

- OLYMPIC TRIALS
QUALIFIERS
- TEAM REGION TITLES
- TEAM DISTRICT TITLES
- STATE CHAMPIONS &
QUALIFIERS
- REGION CHAMPIONS &
QUALIFIERS
- DISTRICT CHAMPIONS
- ALL-AMERICAN ATH-
LETES & SCHOLARS
- ALL-STATE TEAMS
- ATHLETES COMPETING
AT THE NCAA DIVISION
1-3 LEVELS

BE A PART OF HISTORY

WE OFFER VARSITY AND JUNIOR VARSITY
SWIMMING AND DIVING.

*****SPACE IS LIMITED*****

REQUIREMENTS FOR SWIM TRYOUTS

- MUST BE PROFICIENT IN SWIMMING
- **Varsity Tryouts will consist of but not limited to:**

Full Varsity Practice which includes

8 x 100 (1:20 Boys/1:25 Girls),

4 x 100 I.M. (1:35 Boys/1:40 Girls)

Timed 50's with minimal rest

8 x 50 kick @ 1:00 and more varsity level sets

- **JV Tryouts will consist of but not limited to:**

Perform legal 100 IMs

Perform legal 50's of every stroke holding them under :50
each

8 x 100 (1:35Boys/1:40girls)

Timed 50's with minimal rest

REQUIREMENTS FOR DIVE TRYOUTS

- Must be able to swim
- Must be able to perform a front, back, & inward dive
(JV). Must be able to perform reverse & twister (VAR)

GCISD SWIM CENTER

2305 POOL ROAD

GRAPEVINE, TX 76051

DANIEL JAU - HEAD SWIM COACH

817.251.5662 (OFFICE)

DANIEL.JAU@GCISD.NET

MAUREN PAUL - ASST SWIM COACH

817.251.5350 (OFFICE)

MAUREN.PAUL@GCISD.NET

STACY MARINCASIU - DIVE COACH

817-251-5663 (OFFICE)

STACY.MARINCASIU@GCISD.NET

GCISD SWIMMING, & DIVING

A TRADITION OF
EXCELLENCE!!!



SWIM TEAM
TRYOUTS:

**Physical required for
swim/dive tryouts**

**CHOOSE EITHER
DATE OR BOTH**

Spring Tryouts

VAR/JV SWIM & DIVE

MARCH 7th

4:00 PM

GCISD Swim Center

Summer Tryouts

VAR/JV SWIM & DIVE

Aug 1

11:00 AM

GCISD Swim Center