

# High School Swimming and Diving

**What:** Garland ISD offers competitive swimming and diving for both girls and boys at the varsity and junior varsity level at every high school. Swimming and Diving allows students to progress and earn their success on their own level by hard work, commitment and team accountability. Students should be enrolled into the swimming or diving class.

**Where:** All teams practice and compete at the new Garland ISD Natatorium. The address is 2585 Firewheel Pkwy, Garland TX 75040. Members of the team are involved in many other school organizations and activities and are very successful in the classroom. We consistently place swimmers on the All-District and All-Region Teams as well as Academic All-State.

**When:** Try outs will be offered before the start of school on Friday August 7<sup>th</sup> and Saturday August 8<sup>th</sup>. In order to try out all Athletic paperwork must be completed. This includes on-line paperwork through Rank One and a hard copy of the physical history and physical examination. Upon completion of try outs the student will be moved if needed, to either the first period class or the fourth period class. Placement in class does not automatically place a student on Varsity or Junior Varsity. Placement on specific teams are at the discretion of the coaching staff. <https://garlandisd.rankonesport.com/New/NewInstructionsPage.aspx>

**Info:** Students should know how to swim, be knowledgeable of the four competitive strokes of swimming and able to swim a 50-yard freestyle at minimum.

In addition, other events that may be swum during try outs are the 50-yard breaststroke, 50-yard butterfly, 100-yard freestyle, 100-yard I.M. and the 200-yard freestyle. A test set may also be used to determine placement of swimmer during try outs.

**For any questions please contact Coach Philip Wiggins at @ [jpwiggin@garlandisd.net](mailto:jpwiggin@garlandisd.net) or see your counselor.**

