

# Irvine Girl's Swimming 2017

# Tryout Criteria

**Calendar Info - [irvinehighaquatics.org](http://irvinehighaquatics.org)**

**Participation Information: Coach Scott Hinman – [scotthinman@iusd.org](mailto:scotthinman@iusd.org)**

**Target Participation Number - 65 Swimmers**

**Academic Eligibility Minimums 2.0 GPA & Pass 20 Credit  
Enrolled Full Time 2<sup>nd</sup> Semester (30 Credits)**

**Athletic Physical on File with Irvine HS Athletic Department before Tryouts.**

**Athletic contribution: \$125 paid to Irvine HS; covers Trainer, Officials & other  
Contribution to be taken to Barbie Hinman in Athletic Office  
Not due until Start of participation**

**Maintain Practice Participation above 90%  
NO Unexcused Absences from Practices or Rostered Competitions  
Complete and Pass Tryout Minimum Skills Evaluation**

## **Minimum Skills Requirements for competitive Team**

**Competitive attitude and willingness to work hard (#1)  
1,000 yards non-stop mixed stroke Fly, Back, Breast, Free  
Legal in all 4 Competitive Strokes (slight miscues with willingness to learn OK)  
Freestyle & Backstroke Flip Turns  
Breast Stroke Pull Downs  
Safe Racing Dive from Starting Blocks & Pull body out of water unassisted**

## **TRYOUT DATES (subject to change) @ William Woollett AC**

**Dates: Summer Tryout Option - Tuesday June 14 11:00am @ Dive Pool  
Fall Tryout option September TBA TBA**

## **Automatic Participants**

**All Girls Successfully Completing the Winter Water Polo Season  
All Varsity Letter winners from the 2016 Season**

**Normal In Season Practices Schedule**

3 days/week                      6:30 – 7:30am   Strength Training (Fall-Winter optional)  
 M, T, W, TH, F                (2:00 – 4:30pm   Blue Group Swim)  
     (6:00 – 7:30am   Green Group Swim)

**Club Participation**

Girls that can demonstrate (not just say) speed equivalent to Division 1 CIF Consideration Qualifying Times and are currently participating in a year round club program, will be allowed the option of continuing with the club program for practice purposes only. All Competition and Team requirements must be met to participate as a team member. Club programs/coaches do not control the swimmer’s competition schedule. 2016 Time Standards listed on the back of this page.

**Potential Costs – Swimming (approximate)**

Equipment :                      Competition Team Suit -    \$ 65  
     Team Shirt -                      \$ 20  
     Caps (3 each)                    \$ 10  
     Team contribution              \$ 40

**Fund Raising**

General Team Expenses -    Relay Meets, Invitationals, Awards, Team Activities, Equipment

Fund Raising opportunities -    Media Guide Ad Sales, Snack Bars, Other ????

<b><i>2016 IRVINE GIRLS SWIMMING TIME STANDARDS</i></b>						
Event	Varsity	Div 1 CIFSS Qualifying Times		All-American		School Record
		Automatic	Consideration	Automatic	Consideration	
	Lettering Times					
Medley Relay		1:50.80	2:01.00	1:45.59	1:47.45	1:43.71
200 Free	2:07.50	1:53.00	1:59.00	1:49.09	1:50.82	1:49.37
200 I.M.	2:25.00	2:08.00	2:17.00	2:02.49	2:04.60	2:02.23

<b>50 Free</b>	<b>:26.30</b>	<b>24.40</b>	<b>25.30</b>	<b>23.31</b>	<b>23.71</b>	<b>:22.75</b>
<b>100 Fly</b>	<b>1:06.00</b>	<b>57.50</b>	<b>1:01.10</b>	<b>54.84</b>	<b>55.98</b>	<b>:55.10</b>
<b>100 Free</b>	<b>:57.80</b>	<b>52.60</b>	<b>55.20</b>	<b>50.59</b>	<b>51.40</b>	<b>:49.26</b>
<b>500 Free</b>	<b>5:45.00</b>	<b>5:04.00</b>	<b>5:22.00</b>	<b>4:52.18</b>	<b>4:57.63</b>	<b>4:52.92</b>
<b>200 Free Relay</b>		<b>1:40.70</b>	<b>1:49.00</b>	<b>1:36.02</b>	<b>1:37.45</b>	<b>1:35.77</b>
<b>100 Back</b>	<b>1:07.00</b>	<b>58.70</b>	<b>1:02.80</b>	<b>55.31</b>	<b>56.51</b>	<b>:54.19</b>
<b>100 Breast</b>	<b>1:16.00</b>	<b>1:06.50</b>	<b>1:11.00</b>	<b>1:03.22</b>	<b>1:04.66</b>	<b>1:01.79</b>
<b>400 Free Relay</b>		<b>3:37.00</b>	<b>3:59.00</b>	<b>3:28.71</b>	<b>3:32.15</b>	<b>3:24.64</b>

### **Coach & Program History:**

**Head Coach:**            **Scott Hinman**                            [scotthinman@iusd.org](mailto:scotthinman@iusd.org)

**Team Coach**

**8 years**            **USA Water Polo – Senior Women’s National**

**30 years**            **Irvine HS Girls Swimming Head Coach**

**11**                    **League Swimming Championships**

**8**                     **CIFSS Division 1 Championships**

**2**                     **National Championships**

**5 time**            **OC Swimming Coach of the Year**

**1**                     **California Coaches Association Swimming Coach of the Year**

**1**                     **National Swimming Coach of the Year**

**2015**            **Irvine High Teacher of the Year**