



# 26-27 KLEIN OAK SWIM TEAM TRY OUT INFORMATION



## ➤ Requirements for NEW Varsity and JV Prospective Athletes:

- 1) Athletes must be able to do all 4 strokes legally.
- 2) Athletes must have an acceptable level of endurance to complete the tryout and daily practices.
- 3) Athletes must be in GOOD standing academically currently and during the 26-27 season.
- 4) Athletes must attend ALL mandatory practices and meets during the 26-27 season.
  - Varsity practice is mandatory BEFORE school/during 1<sup>st</sup> period.
  - JV practice is mandatory during school 7<sup>th</sup> period/after school until 3:45 pm.

\*If you are involved in other activities that will cause you to miss swim practice, then you must discuss whether involvement with the team will be possible with the coaches.

Head Coach: Gayle Gregory ([ggregory1@kleinisd.net](mailto:ggregory1@kleinisd.net))

Assistant Coach: Kyle Subda ([ksubda1@kleinisd.net](mailto:ksubda1@kleinisd.net))

- 5) Varsity members must be in 1<sup>st</sup> period athletics/swim and JV members must be in 7<sup>th</sup> period swim/athletics. Coaches will contact an athlete's counselor if they make the team for placement in the appropriate athletic period.

## ➤ Varsity and JV Tryout Information:

- 1) To be a CONSIDERED for the Klein Oak varsity or JV teams, athletes must complete a swim set to assess endurance and ability level. This is CONTINUOUS swim set (no stopping) and the swims are set on a time INTERVAL appropriate for the caliber of varsity and JV athletes currently on the team. Athletes MUST complete the swim sets listed below for placement on the Klein Oak varsity or JV teams:

Varsity: 8 x 100-yard freestyle on 1:20 (1 minute and 20 seconds)

JV: 8 x 100-yard freestyle on 1:40 (1 minute and 40 seconds)

10-minute break

ALL: Timed 50-yard backstroke, breaststroke, and fly (50 yards each stroke)

2-3 minutes rest between each 50-yard stroke

- 2) Preregister for tryouts by filling out the Google form on the Klein Oak Aquatics website. All information filled out on the form is private (viewed by coaches only).

<https://www.kleinoakswimanddive.org/>

### 3) **UPDATED Date: Friday 5/22/26**

- 4) Where: Klein Oak Natatorium

- 5) Times:

-Arrival/check-in/athletes change 5:00-5:15 pm

-Athlete meeting with coaches 5:15 pm

-Warm up 5:20-5:40 pm

\*Athletes warm up independently, no swim sets provided by coaches

-Tryout begins at 5:45 pm

- 6) Parents/family/other guests may watch tryouts but must remain in upstairs spectator seating area the entire time.

- 7) Posting of Results: The results will be posted on the Klein Oak Aquatics website by Tuesday 5/19/26 by 4:00 pm. The athlete's name will be listed on the 26-27 varsity OR JV roster if they made the team. If an athlete's name does not appear on either team, thank you for your effort, continue practicing, and see you at tryouts the following season.