

2025-2026 Strongsville High School Swimming & Diving Tryout Schedule

ALL PRACTICES AT THE EHRLFELT RECREATION CENTER

Friday October 24th –

3:00 - 5:00 pm First Returning Varsity Swimming Practice

Monday October 27th –

3:00 – 4:00 pm Tryouts - Entire Swim Team (*Swimmers needing to tryout denoted below)

4:00 - 5:00 pm Practice for Swimmers not Trying Out

Monday November 3rd –

6:00 - 7:30 pm First Diving Practice

- Final Roster & Placements for the Swim Team will be posted on the bulletin board outside the ERC pool, on the following website <https://www.gomotionapp.com/team/ohss/page/helpful-links/strongsville-hs> and available in the athletic office on Tuesday October 28th
- ***The following people will participate in tryouts**
 - ***Freshman OR *First time participants**
 - ***Returning swimmers not previously in Varsity**
- Cuts may be made, depending on the size of the team.
 - If cuts are made they will be based on Proficiency, Experience, and/or Coaches Decision
- The team will be broken into training groups. Typical practice times are as follows;
 - Unless otherwise noted, all practices at the ERC.
 - Varsity Group
 - Monday/Wednesday/Friday
 - 3:00 pm – 5:30 pm
 - Tuesday/Thursday
 - 3:00 pm - 5:00 pm
 - 6:00 am - 7:00 am (Strength Training at SHS)
 - Saturday
 - 6:30 am – 9:00 am (8-9am dryland) OR 7:00 am - 9:00 am
 - Morning Practices for Varsity will be assigned
 - Junior Varsity Group
 - Tuesday/Thursday/Friday
 - 4:00 pm – 5:00 pm
 - Saturday
 - 6:30 am - 7:30 am OR 7:00 am - 8:00 am
 - Diving (All practices at ERC)
 - Monday/Wednesday
 - 7:00 pm - 8:30 pm
 - Tuesday/Thursday
 - 5:00 pm - 6:30 pm
 - Practice times for groups may vary (especially during school breaks, a season practice schedule will be emailed out to parents & posted online on <https://www.gomotionapp.com/team/ohss/page/helpful-links/strongsville-hs>

Contact Information

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