

2019-2020

Atascocita Swimming

Try-Outs

Swimming

| | |
|--|----------------------------|
| Aug. 1st, 2nd | Aug. 3rd |
| 1:00 pm | 11:00 am |

AHS Natatorium

Participants must have an athletic physical on file with the AHS athletic trainers prior to tryouts. Coaches are not allowed to accept physicals at tryouts. Physical forms can be picked up at the HISD Athletic Office, from Coach Pink or AHS Athletic Trainer.

All athletes must complete all Rank One paperwork before they can try or participate. (Available on the HISD Athletic web site)

Athletes only need to attend one try out session. However, if they fail to make the team – they may attempt again at a later session.

Athletes must have appropriate swim attire tryout.

Diving

There will be no diving tryouts. Divers will be place into class and have the first 3 weeks to make the squad.

**Questions - please contact Coach Pink (swimming) at 281-641-7643;
david.pink@humble.k12.tx.us
Coach Blackman (diving) at 281-641-7593
ceblackm@humbleisd.net**

'19-'20 Atascocita Swimming Tryouts

All athletes must have a physical on file with the AHS trainer & complete all Rank One paperwork (HISD Athletic web site) before they can try or participate.
Appropriate swim suits only - NO two-piece suits!

Swimming

Prospective athletes will have 3 opportunities to try out. However, you only need to show up for one of the days. Any athlete failing on the initial attempt may re-attempt on the 2nd or 3rd day. Tryouts will consist of an evaluation of each of the four competitive strokes & test set.

| Date | Test Sets |
|--|---|
| Thurs. Aug. 1 st 1:00 pm | JV - 7 th Period Demonstrate competency in all four strokes 10 x 100 at 1:45 Varsity – 1st Period 10 x 1:10 or TISCA times in 2 strokes (excluding 50 free) |
| Fri. Aug 2 nd 1:00 pm | Re-Attempts or anyone missing day 1. |
| Sat. Aug. 3 rd 9:00 am | Re-Attempts or anyone missing day 1 or 2. |

Diving

There are no diving tryouts. All athletes wanting to participate in diving will be placed into the diving class where they will spend time learning dives from each of the five categories (front, back, inward, reverse and twist). Athletes who cannot demonstrate ability may be dropped from the program after 3 weeks. Again, athletes need to wear appropriate swim attire.

Practice Schedule

1st Period (Varsity)

Mon, Tues, Fri

5:30 – 7:45 – extends into 1st period

Wed

6:15 – 8:30 – extends into 1st period

7th Period (Varsity & JV)

Mon, Tues, Fri

7th period – 4:00

Wed

7th period – 3:30

Thurs

2:55 – 4:00

Diving

5th period

Frequently Asked Questions

How will we determine who makes the team?

In order to make the (JV) team, athletes must be able to complete a set of 10x100 yard swims on a 1:45 time interval & demonstrate competency in each of the 4 strokes. Due to entry limitations at high school meet entries, we will retain a maximum of 35 swimmers and 8 divers of each gender (full varsity & JV squads + 3 developmental swimmers). Smaller squad sizes may be kept if not enough athletes can meet criteria for the team. Other considerations may include athletic ability, work ethic and coach-ability. We will also be looking into athlete's grades & conduct records.

The names of those who earn a spot on the team will be turned in to the counselors and appropriate schedule changes will be made. Please be patient with the counselors as it may take a few days for the changes to take place.

How will varsity / JV be determined?

Athletes desiring to make varsity must be able to complete varsity level workouts at an appropriate intensity level (**10x100 @ 1:10**) and **achieve a TISCA qualifying time in two strokes** & be amongst the top 16 on the squad or to 4 in any given event. (50 Freestyle TISCA time standard will not be considered for varsity - see time standards below) In the event there is not enough athletes meeting the criteria above, varsity selections will be made by the coaching staff. Less than 16 may be taken (based on TISCA times).

Throughout the season, a team depth chart will be kept - JV swimmers making TISCA times **may** displace varsity swimmers based on the depth chart and/or team needs in certain events.

TISCA Time Standards – must have in two strokes to be considered for Varsity (50 Freestyle times not considered.)

| Girls | Event | Boys |
|----------------|-------------------|----------------|
| 25.91 | 50 Free | 22.95 |
| :56.84 | 100 Free | :50.64 |
| 2:05.17 | 200 Free | 1:52.96 |
| 5:32.90 | 500 Free | 5:09.43 |
| 1:04.70 | 100 Back | :58.83 |
| 1:13.83 | 100 Breast | 1:04.78 |
| 1:02.34 | 100 Fly | :56.46 |
| 2:20.18 | 200 IM | 2:09.01 |