



CLEAR SPRINGS HIGH SCHOOL 2018-2019 AQUATICS TEAMS

Tryouts for the 2018-2019 School year will be held **Thursday, August 2nd, and Friday August 3rd**. August 2nd will be a swim set and August 3rd will be time trials. To try out you must have a current copy of your CCISD physical turned into the trainer. All athletes swimming for Clear Springs will be in an athletic class period. All athletes who did **not** place in the top 8 at the 2018 District Meet OR compete with a relay at the 2018 Regional meet for Clear Springs must try out. 2018 Regional Qualifiers must be in attendance both days but are not required to get in.

- August 2nd (Swim Set): 9am-10:30am
- August 3rd (Time Trials): 9am-11:00am
- Make-up Session will be August 13th and 14th. Times are TBD.

Swimming

- Swim Season lasts from August-February.
- Swim practice times August-February:
 - Varsity team practice starts at 5:45 AM and lasts until 7:30 AM. Students will then have about 30 minutes to get ready for school.
 - JV team practice starts during 7th period and lasts until approximately 4:00 PM on Monday, Wednesday and Friday and 3:45 PM - 5:00PM on Tuesday and Thursday (tutorial days).
- Swim practice times February-May:
 - Varsity practice starts at 6:45 AM and lasts until 7:30 AM. Students will then have about 30 minutes to get ready for school.
 - JV practice starts during 7th period until approximately 2:30 PM.
- Team Placement
 - In order to make the team, freshman must have at least one time from the freshman consideration times in the 200 Fr, 200 IM, 50 Fr, 100 Fly, 100 Fr, 100 Ba or 100 Br. Sophomores, juniors and seniors must have one time in the JV or Varsity standards.
 - Those who make Varsity standards will be placed in 1st period and those who make JV standards will be placed in 7th period.
 - Official JV/Varsity teams will be posted after the Blue v. Black meet on September 27th.
 - Athletes will swim 50 Free, 100 Free, and another event of their choice at time trials

Water Polo

- Water Polo season lasts from February-May.
- Varsity practice starts at 5:30 AM and lasts until 6:50 AM. Students will then have about 30 minutes to get ready for school.
- JV practice starts at 2:40 and lasts until approximately 4:30 PM on Monday, Wednesday and Friday and 3:45 PM- 5:30 PM on Tuesday and Thursday (tutorial days).

Note: During water polo season, water polo athletes will swim during their class period as well as have practice before or after school.

Diving

If you are interested in diving email Coach Ford directly.

Thanks,

Head Coach

Travis Ford (tford@ccisd.net)

Asst. Coach

Falyn Knebel

Suggested Time Standards

Girls				Boys			
	Varsity Consideration	JV Consideration	First Year Consideration		Varsity Consideration	JV Consideration	First Year Consideration
200 Free	02:15.0	02:25.0	02:45.0	200 Free	02:05.0	02:10.0	02:20.0
200 IM	2:30	2:40	3:00	200 IM	02:15.0	02:25.0	02:45.0
50 Free	27.5	31	35	50 Free	24.5	27	30
100 Fly	01:07.0	01:20.0	01:30.0	100 Fly	01:02.0	01:12.0	01:25.0
100 Free	01:01.0	01:12.0	01:20.0	100 Free	00:55.0	01:10.0	01:15.0
100 Back	01:08.0	01:20.0	01:25.0	100 Back	01:03.0	01:15.0	01:20.0
100 Breast	01:18.0	01:30.0	01:35.0	100 Breast	01:13.0	01:25.0	01:30.0
Swim Set				Swim Set			
12x100 Free	01:30.0	1:40	1:45	12x100 Free	1:20	1:35	1:40
8x50 Free	0:40	0:45	0:50	8x50 Free	0:35	0:40	0:50
4x200 IM	3:25	3:45	3:50	4x200 IM	3:00	3:25	3:30