



- Who: All new swimmers & divers plus All returning swimmers & divers
- Required: Physical Paper Work Hard Copy → →UIL paperwork done through RANKONE
<https://springbranchisd.rankonesport.com> (Make sure you have the 2018 form)
- When: August 9—10 & 13--15 from 3:15 to 5:15 pm
Come to as many as your schedule allows
- Where: SBISD Natatorium (by Spring Woods HS baseball field)
10404 Tiger Trail Houston, Texas 77043

EXPECTATIONS FOR TRYOUTS: Swimming (Swim on a club or summer league team)

- 300 yard freestyle warm-up
- demonstrate proficiency in all 4 competitive strokes (Fly, Back, Breast, & Free)
- swim 50 yards of freestyle 10 times on a :55 second interval or less
- Time a 50 free and a 50 of another stroke
- We will swim about 2,500+ yards or more workout
- Pizza party on last practice
- Dryland activities

WHAT TO BRING?

- Competitive Swim Suits, caps, goggles, and towel
- running shoes, shorts, and t-shirt for dry land

Paper work---Due before you get into the water

- Physical form---Hard Copy---2018 Form since UIL updated for next year

On-line paperwork---Rank One

- Acknowledgement of Rules
- Consent to Treat Form
- Student Insurance
- Schedule of Benefits
- Steroid Use Form

<https://springbranchisd.rankonesport.com>

Questions for Swimming or water polo

E-mail: Jason.Mauss@springbranchisd.com or call at 832-797-1045

Questions for **Diving** e-mail: Anastasia.Pozdniakova@springbranchisd.com





Website: Memorial HS----swimming, diving, and water polo site (check it out for more information)

<http://cms.springbranchisd.com/mhs/Athletics/Sports/SwimmingDiving/tabid/10762/Default.aspx>

Common Questions:

Practices: Daily from 8th period until to 5:15 // Some Saturday & Holiday Practices 9:30 to 11:30

What should I do this summer? You should practice with a club or summer league team to be prepared.
Do I have to swim club to make the team? No, we take all levels of swimmers, but a solid background helps.

Do I need to have diving experience to be on the team? No, we take all those interested in participating. A background in gymnastics, skating boarding, cheerleading, or pole vaulting will help.

Season: **Swim/ Dive Season** Sept until middle of Feb; **Water Polo** season Feb until mid May

Transportation: Bus takes you to Nat during 8th period, but you must have own ride home

Club Swimming: Yes, you are able to swim club & high school. We ask for you to practice some with high school team, but you must talk with coaches first to set up a plan.

Where can I train over the summer?

Summer Practice groups:

Swim: Neighborhood Teams

Spring Branch / Memorial Summer league Teams <http://www.msbsc.org/>

Dad's club <http://www.dadsclub-swimteam.com/>

Houston Swim Club <http://www.swimhouston.com/Home.jsp?team=guhsc>

Dive: Spring Branch Diving with either Coach Hooker or Coach Pozdniakova
e-mail for more details

Anastasia.Pozdniakova@springbranchisd.com

OR

Sbmd.dive@hotmail.com Coach Hooker

Water Polo: <http://cfwpc.weebly.com/> Cy-Fair Water Polo Club @ SBISD pool
(Great Idea)

SBISD Nat summer training from 1 to 2:30 HS athletes & 2:30 to 4 JR high & elementary

******Coach Mauss will be at many of these practices******

Join the Remind 101 text the # 657 201 5933 message @jmau

