



2022-2023 TWHS Aquatic Tryouts



WHO MUST TRYOUT:

All swimmers / divers / polo players must tryout each season unless you have an exemption time below. Any diver new to the program must tryout. Returning divers will not have to tryout if approved by CISD diving Coach. All water polo players will be required to be in the AM or PM aquatic class. There will be a limited number of spots to be on the water polo team. August 1-5th will be practice/evaluation to get a spot on the water polo team.

AM REQUIREMENTS:

To be in AM aquatics you must meet the following requirements:

1. Must be in a year-round swim program and keep 80% attendance.
2. Must have 1 exemption time below **or** complete 5x200 Free @2:30.

PM REQUIREMENTS:

To be in PM aquatics you must have 1 exemption time **or** complete 5x200 Free @2:50. All divers will be in the PM class.

WHEN / WHERE ARE TRYOUTS:

Current Team Members: will tryout during their aquatic period on April 27th

**If a current team member is unable to complete the tryout. They can train over the summer and tryout again at the late tryout on August 3^d.*

New Team Members will have two options:

1. Early Tryout: April 27th @4:30pm (Swim / Polo Tryout Only)
* Must bring a physical or Must have a current physical on file for the current school year.
2. Late Tryout: August 3rd @3:00pm (Swim / Polo & Dive Tryout)
*Must bring a physical or have a physical on file for the upcoming school year.
**You can do the early tryout and the late tryout if the first attempt is unsuccessful.*

TRYOUT INFO:

The kids will be given ~15 minutes to stretch & warm up.

Divers will tryout with Coach Witt demonstrating various diving skills.

TRYOUT EXEMPTION:

A athlete can be exempt from tryouts if they have one of the times below:

*The time must be achieved from the 2021-2022 short course season.

The time must be proved

(USA swims database or a time swam in a high school meet during the 2021-2022 season).

*Any new members that meet the tryout exemption must email Coach Wade with the event and times.

GIRLS	EVENT	BOYS
:26.00	50 Free	:23.50
:56.50	100 Free	:51.50
2:02.00	200 Free	1:52.00
5:20.00	500 Free	5:00.00
1:03.00	100 Back	:57.00
1:12.00	100 Breast	1:05.00
1:03.00	100 Fly	:57.00
2:15.00	200 IM	2:05.00

Those who make the team will have additional forms to fill out for the Splash Club & they must sign up for the Team Remind 101 (Information will be on our Team website).

***If you have any questions, please contact us:**

Swim / Polo Tryouts: Coach Wade - jlwade@conroeisd.net

Dive Tryouts: Coach Witt - kmwitt@conroeisd.net

Team Webstie: <http://www.droptahammer.com/>

Tryout Location: CISD Natatorium, 19133 David Memorial Dr., Shenandoah TX, 77385

