



Clark Aquatics Resource Page 2024-25

Hi all and welcome to the Clark Swim, Dive, and Polo summer resource page! This PDF was created to make sure that all parents are receiving the same information about the high school team's plans for next year. Updated: 4/18/2024.

Location and Transportation

(Consistent for all three sports)

Facility	All water related practices, regardless of sport or athletic period, will take place at the Northside Swim Center at 8400 N Loop 1604 W. San Antonio, TX 78249 .
Morning Transportation (1st Period Athletics)	Athletes will need to be dropped off at the pool in the mornings before practice. A bus is available to transport athletes from the pool to campus after morning practices.
Afternoon Transportation (8th Period Athletics)	A bus is available to transport athletes from campus to the pool before afternoon practices. Athletes will need to be picked up at the pool after practice ends each day.

Season Lengths

Water Polo	Regular Season - August 1st and ends October 7th. Postseason - Single elimination games throughout October. State champs are October 26th.
Swimming and Diving	Regular Season - October and runs through January. Official start date depends on coaching availability with water polo. Post Season - Three levels, districts, regional, and state. State champs are February 21st-22nd. Top 16 athletes per gender qualify for districts, top 6 at districts qualify for regionals, top 2 at regionals qualify for state (plus call ups).

Athletic Periods

(Consistent for all three sports)

In Northside, we are given two class periods for training, 1st and 8th period. Both athletic periods compete together throughout the season and are considered varsity athletic periods, as we do not have JV swimming, diving, or water polo at this time. Athletes are placed into training groups based on ability demonstrated at tryouts (See Tryout Standards Below). Here are the practice times planned for next year for all sports.	
1st Period Athletics	Practice Days: Practices are four days a week. The fifth day of the week will be spent in the classroom or weight room on campus. Practice Times: Practices will be from 7-9 am. Athletes will use the class period to shower and get to campus before the start of their second period class.
8th Period Athletics	Practice Days: Practices are four days a week. The fifth day of the week will be spent in the classroom or weight room on campus. Practice Times: Practices will be from 4:15 to 5:30 pm. Athletes will use the class period to get to the pool and get dressed out for practice.

Summer Training Opportunities



Water Polo

Club: Athletes hoping to have an active role in games this fall should be looking for opportunities to start playing the game in competitions now. There is one major club program in San Antonio, Alamo Area Water Polo. The link to their website, which includes registration and information about signing up, can be found here: [Alamo Area Water Polo](#). All level athletes, including new to water polo, are welcome and will be separated into groups based on their abilities!

Strength and Conditioning: Clark offers a strength and conditioning camp to all athletes on campus which includes weight room and cardio exercises on campus. Athletes who register for S&C Camp can attend skills work for most sports on campus, including water polo. Water polo skills will be available June 10th-13th and 17th-19th. The link to register is here: [Summer S&C](#). S&C is free for athletes 7th-12th grade who register on the link for either "CLARK/HOBBY/RAWLINSON GIRLS STRENGTH & CONDITIONING" or CLARK BOYS STRENGTH & CONDITIONING CAMP (NON-FOOTBALL) and complete the waiver.

Summer Water Polo Camps: Clark Water Polo Summer Camp for future Clark students who are going to be in 6th, 7th, 8th, and 9th grades next year. The camps will be July 29th-31st from 8:15-11:15 am. Sign up for summer camp on the same google form as S&C: [Summer S&C and Camps](#).



Swimming

Club Swimming - There are four major club teams in our area that our members are a part of: [AAAA Northside](#), [AAAA Northeast](#), [Streamline](#), and [Wave](#). There are also smaller teams as part of AAAA that are available at Alamo Heights and the Jewish Community Center. The links above include information about the teams and I am also available to answer questions as needed.

Swim Lessons - If your athlete is looking to learn the strokes, then Northside's Swim America is one of the many options for swim lessons and athletes can sign up here: [SwimAmerica](#).

Summer League Swimming - Many neighborhoods in the Clark area offer summer league swim teams. If you need help finding one near you, please let me know!



Diving

District Diving Programs: Northside ISD diving programs are run through Northside Aquatics and managed by our diving coordinator, Coach Escalante. The district diving website has several opportunities over the summer and information can be found here: [Northside Diving](#).

Tryout Standards

Water Polo (Tryout August 1st-2nd)

First Period (Team): The athletes who earn a spot on the water polo roster will be placed into 1st period for the season. Tryouts to earn a spot will take place on August 1st and 2nd at our first two practices, during practice time. Athletes need to demonstrate their ability to train at a high level throughout the three day tryouts. Athletes will be required to show mastery of the base skills, knowledge of positions and plays, and will also need to demonstrate the work ethic and conditioning required to train in the first period group. 7-14 athletes per gender will be selected based on their tryout results.

8th Period: Athletes who do not earn a roster spot but demonstrate the ability to train in water polo will be placed into 8th period athletics. These athletes must be able to do the following: both vertical and horizontal eggbeater, heads up freestyle, dribble, pass/catch, and movement in field block positions. These athletes will be eligible to play in some games, but will not be on the main roster for the season.

Swimming Second Week of August (Times to be announced)

First Period: There are three paths to making the first period training group.

1. The first is to have the automatic "cut" in any of the high school events lifted to the right.
2. The second is to have at least two consideration cuts and receive coach approval.
3. The third is to demonstrate training ability by completing the conditioning tryout set: **Mens: 10 x 100**

FR @1:25 w/ 5 seconds rest minimum.

Women's: 10 x 100 FR @1:30 w/ 5 seconds rest minimum

Short Course Yards				
Women's		TISCA	Men's	
Consider	Automatic	CUTS	Automatic	Consider
0:28.34	0:27.02	50 FR	0:23.96	0:25.13
1:02.05	0:57.99	100 FR	0:52.52	0:55.09
2:11.06	2:02.49	200 FR	1:54.74	2:00.36
5:53.09	5:29.99	500 FR	5:16.19	5:31.69
1:09.54	1:04.99	100 BK	1:00.17	1:03.12
1:18.10	1:12.99	100 BR	1:05.78	1:09.00
1:07.40	1:02.99	100 Fly	0:57.62	1:00.44
2:29.25	2:19.49	200 IM	2:12.08	2:18.55
Automatic Cuts These cuts are based on the Lonestar TISCA cuts, our travel championship meet.			Consideration Cuts Athletes with consideration cuts have a chance to be placed in first period, based on coach's discretion.	

Eighth Period: The eighth period team requires athletes to be able to demonstrate their ability to swim all four strokes in a legal 200 Individual Medley. Afterwards, athletes will be given rest before completing a conditioning test of 8 x 100s. The men's team set is on an interval of 1:35 and the women's team set is on an interval of 1:40, both maintaining 10 seconds rest throughout. Athletes who fail to complete the set will be considered for the team based on their grade level, number of 100s they completed, and 200 IM time.

Diving (Date TBD)

All diving teams in Northside ISD practice together under a district diving coach. Tryouts for the 2023-24 season will be held in August. The district diving coaches have historically split the divers into two groups, experienced and inexperienced. In 2021-22, the experienced divers practiced 1st period and the inexperienced practice 8th period. In 2022-23, both groups practiced in 1st period, with experienced divers going Monday, Tuesday, and Thursday while inexperienced divers trained Monday, Wednesday, and Friday. Training plans for this upcoming season have not been announced yet, but I will keep interested parties up to date as I found out information!

Physicals and Online Forms ***Required***

Athletes that are new to Clark will need a physical with their doctor before participating in athletics. Attached is a copy of the Physical Packet required by Northside. Once you complete your physical, you may email a scanned copy to our athletic trainer, Coach Stone, at tara.stone@nisd.net. All athletes, even those who were on the team last year, will need to complete the medical history report each year, but the physical is valid for two years.

For more information and the forms needed, please check our athletic trainer's page here: [Clark Athletic Trainers!](#)

Rank One Forms: <https://northsideisd.rankone.com/New/NewInstructionsPage.aspx>

Medical History Report/Physical Paperwork:

https://ugc.production.linktr.ee/9f80d33b-ac77-4c60-a7bf-6a3ca48fea98_northside-24-25-phy-med.pdf

