

Stratford Aquatics 2023-2024

Coaching Staff

Head Swim/ Assistant Water Polo
Casandra Brisbin
Casandra.brisbin@springbranchisd.com

Head Water Polo/ Assistant Swim
Joseph McCommons
Joseph.Mccommons@springbranchisd.com

SBISD Diving Coach
George Kutac
George.Kutac@springbranchisd.com

Assistant Swim & Water Polo Coach
Blokier Duncan
Blocker.ducan@springbranchisd.com

Pool Location

WW Emmons Natatorium
10404 Tiger Trail
Houston 77043

Required Paperwork

**YOU WILL NOT BE ABLE TO TRYOUT/ SWIM/ PLAY POLO UNTIL YOU HAVE
TURNED IN ALL NECESSARY PAPERWORK!**

Go to <https://springbranchisd.rankonesport.com/New/NewInstructionsPage.aspx>

Complete all RankOne paperwork online as well as a physical examination using the correct form found at [Physical Form](#). Physicals should be turned in directly to the Physical training staff at Stratford HS. Parents, be sure to sign everywhere, and make sure your athlete remembers to sign the physical as well!

Water Polo Tryouts

Tryouts will take place July 31- Aug 2nd from 6:00-8:00 am at the SBISD Natatorium. There will be no buses, all athletes will be responsible for finding transportation. These practices are mandatory for ALL athletes trying out for the Water Polo team.

Swimming Athletes Only Tryouts

We would like for swimmers only to begin practice August 7th 6:00-7:30 am. You will have practice August 7th-11th. All new athletes are required to be enrolled in 1st and 2nd period. Tryouts will take place August 14th-15th from 6:00- 8:00 am. Try-outs are mandatory for all swim only athletes

- 1) Returning athletes will be asked to complete 8 x100's on the 1:25 interval. New athletes will complete 8 x 100's on 1:30. This will take place on Monday, Aug 14th
- 2) All timed 100 of each of the 4 strokes will take place Tuesday, August 15th. The cut line typically occurs in a 'natural break' or gap between ability levels, so there is no exact number for the team.
- 3) A limit of 2 managers will be selected by the team. There will be one upperclassman and one lowerclassmen selected. Managers must submit an essay on why they should be selected by the deadline to be considered.

***If an athlete qualified individually for the region championships in 2023, they are excused from the timed 100's portion of the try-out.

Returning athletes: are required to make the 1:25 interval on 8 x100's to be considered. **Also, athletes who did not compete in the varsity district meet in 2023 will need to complete all try-out requirements.**

New athletes: are REQUIRED to make all of the 100's on the 1:30 interval.

Cuts

Cuts will be made based objectively on speed and subjectively on perceived potential, stroke technique, and the athlete's ability to take instruction. The team will keep between 20-28 girls and 20-28 boys based on tryouts and observations during practices. The cut line typically occurs in a 'natural break' or gap between ability levels, so there is no exact number for the team.

Practice Schedule for school year

At the beginning of the school year (after tryouts), the team will start practice at 6:00 am and end at 8:00am. As the season goes on, we move water polo and swimming practice earlier, until we begin at 6:10 am. **Be sure to be early to practice(10 min before the announced start time).**

Double Blocking vs Single Blocking

All athletes who make the team will be double blocking with very few exceptions. Returning athletes with **3 or more sectional cuts may single block ONLY WITH COACH BRISBIN'S APPROVAL**. There will be no other single blocking opportunities unless an athlete is involved in another school sponsored activity or class that requires a spot on the student's schedule. This option is NOT available until the second semester of 9th grade. **All freshmen will double block first semester.** Initially, newcomers should enroll/register as a double block activity on A&B days. **Your counselor needs to place you in the 1st and 2nd period swim course!**

Transportation

Swimmers are responsible for their own ride to the natatorium. A bus will transport the team to school after practice ends. Upperclassmen will need to fill out the appropriate waivers if they intend to drive from the natatorium to school. Sophomores will not be allowed to drive except in rare, extenuating circumstances with coach approval. There is a 20-30 minute period between arriving at school and the next period of the day where the team commonly works on homework in the Snack Bar.

Water Polo Season Schedule

We compete consistently from August 8ish till October 28-29th.

Swim Season Schedule

We compete consistently from October through the State competition in February, including dual meets, invitationals, and an out of town trip or two for those that qualify.

Breaks/Vacation

If an athlete misses more than 3 workouts combined during the Thanksgiving and Winter Breaks, coaches may remove them from relays, the district line up, or the program entirely.

Over Thanksgiving break, we will workout on **Monday November 20th and Tuesday November 21st from 7:30-9:30am.** **DO NOT schedule your trips until after Tuesday Morning!**

During Winter Break, we will have practice **Dec. 20-22 & Dec.28, 29, Jan 1-5.** The UIL imposes a required 5 day moratorium. Dates will likely be Dec 23-27, 2022. We will have these days OFF of practice. ***Schedule all vacations/family trips during this window!***