

# Dawson Aquatics

## 2020 - 2021 Tryout Information

### VARSITY TIME STANDARDS

GIRLS	EVENT	BOYS
30	50 freestyle	26
1:06	100 freestyle	57
36	50 backstroke	32
1:16	100 backstroke	1:10
1:20	100 breaststroke	1:15
1:15	100 butterfly	1:06
2:48	200 IM	2:28
6:45	500 freestyle	6:15

(Swimmers must be able to achieve any two time standards and be able to swim ALL four strokes)

#### Junior Varsity

- Girls must be able to complete 500 yards in under 8:35:00
- Boys must be able to complete 500 yards in under 8:35:00

**Dive** – must complete a 6-dive set

**Tryout Dates & Location** – Monday, August 10, 2020, at Pearland Natatorium (Time: TBD)

**Athletic Physicals** – See attached information from PISD regarding 2020-2021 physicals

**Preliminary Practice Times** (based on 2019-2020 school year)

- Varsity and Club swimmers to practice in the morning
- JV swimmers and divers to practice in the afternoon

Practices are held at the Pearland Natatorium

- 1<sup>st</sup> Period – Varsity / Club athletes to arrive at the Nat by 5:30 a.m. PISD provides bus back to Dawson prior to start of 2<sup>nd</sup> period.
- 7<sup>th</sup> Period – JV / divers will have a bus provided to the Nat at beginning of 7<sup>th</sup>. Parents then pick up at the Nat at 4 p.m.

#### Water Polo

Tryouts are held in late January. You must be on the swim team or have competed in a 2020 fall sport to tryout for water polo.

*Note: Above information is subject to change at the discretion of the coaches. For additional information, please contact Head Coach, Natasha Prybil, at [prybiln@pearlandisd.org](mailto:prybiln@pearlandisd.org).*

The University Interscholastic League (UIL) has amended rules to their constitution and contest rules for the 2020 - 2021 school year regarding Pre-Participation Physical Examinations for Athletics (Grades 7 - 12). This change will be valid ONLY for the 2020 - 2021 school year. Per UIL guidelines, the following must be done prior to any tryout, participation, practice, or performance including in-season or off-season activities:

**Returning Athletes (Grades 8 - 12) that have a 2019 - 2020 Pre-Participation Physical Examination on file in Pearland ISD:**

1. MUST complete an updated 2020 - 2021 Medical History form only.\*
2. Turn in completed 2020 - 2021 Medical History form to campus athletic trainer.
3. Complete Pearland ISD & UIL online forms at <https://pearlandisd.rankonesport.com/New/Home.aspx>

While UIL has extended the 2019-2020 Pre-Participation Physical thru the 2020-2021 school year, Pearland ISD strongly recommends and encourages all parents to complete the normal yearly physical if possible.

Medical History and Pre-Participation Physical Examination forms can be found:

<https://www.pearlandisd.org/cms/lib/TX01918186/Centricity/Domain/48/PISDPhysicalMedHistory.pdf>

If you have any questions, please call the Athletic Trainer at:

- Dawson High School 281-412-8835 or 281-997-8840