

2022-2023

Tom C. Clark Cougar

Girl's Athletics



Expectations

You are expected to be at practice everyday and be at all games. School sports takes priority over outside sports. If an emergency occurs (illness, funeral etc.), call your coach before the game or practice so the team can make necessary adjustments.

All students will be required to ride the bus to and from all competitions.

All athletes will wear the proper uniforms for all practices during the season and off-season.

Eligibility

U.I.L.- University Interscholastic League

The UIL is the governing body for public schools in the state of Texas. The UIL states that an athlete has to be passing all their classes in order to play in a high school game. If a student fails (69 or below) one or more classes at the end of the grading period, they will become ineligible to compete for three weeks. They may continue to practice but may not compete, ride the bus, or be on the bench, sideline. At the end of the three weeks, the athlete will have their grades checked and again must be passing **ALL** of their classes to regain their eligibility. If they fail one or more classes, they will be ineligible for another three weeks.

Athletic Paperwork

All athletes are expected to turn in/update paperwork each year. A portion of the paperwork will be completed online. This information can be found at <https://nisd.net/athletics> Select: Parents > Forms and Insurance after May 9. Physical and medical history are forms that must be printed and turned into the athletic trainers. **All athletes are required to have a physical examination at the beginning of their ninth and eleventh grade year.**

Athletic trainers collect all forms.

STRENGTH AND CONDITIONING CAMP
CONTACT COACH AGER FOR MORE INFO
210-397-5217 OR anne.ager@nisd.net

June 13-July 28 (M-Th)

NO CAMP July 4-7

Camp Fee: \$75

Strength and conditioning camp will be open to any incoming 9th-12th grade girls that are enrolled at Clark High School.

***More information to come.**

Cross-Country

Tryouts: Aug. 1-12, more info will be provided via SportsYou app. Athletes will be provided summer running workouts.

Season: Races begin in Aug. and State Meet is the first weekend of Nov.

Practice: 6:15-8 am

Competitions: TBD

Equipment Needed: Running shoes and appropriate practice clothes based on weather

Equipment Provided: Race uniform, safety lights and practice t-shirts

Head Coach: Anne Ager

Contact: anne.ager@nisd.net, 210-397-5217

Join our 2022 XC SportsYou: Download SportsYou app, code: 7PLBKEM7

***Parents/athletes will create an account.**

Volleyball

Summer Strength and Skills Camp: Dates and times TBD

Freshman Volleyball Camp: Last week of July @ Clark High School

Tryouts: August 1st-2nd @ Clark High School--MUST ATTEND ALL TRYOUT SESSIONS.

Number on the team: approx. 15 per team (Freshman/JV/Varsity)

Season: First week in August through last week in October-Varsity post season in November

Practices: Freshmen: 3:30-5:30 pm, JV/V: 7:15-9:15 am

Games: Tuesdays and Fridays

Equip provided: Game uniforms, backpacks, warm up top and practice shirts

Equip needed: Knee Pads, shoes, black shorts or bikers for practice

Coach: Amy Wagner

Contact: amy.wagner@nisd.net, 210-397-5215

Tennis

Tryouts: August 1st-August 4th at Northside Tennis Center. STUDENTS MUST ATTEND EACH DAY. Please email me prior to tryouts so I will have you included. Students should be playing USTA or UTR tournaments to be prepared.

Parent/Player Meeting: August 8th @ Clark Gym 6pm-7pm

Team Season: August-November

Individual Season: January-April

Varsity Practice: 7:30 am-9:00 am

JV Practice: Monday-Thursday: 3:45-5:15

Matches: Varsity Matches start mid-August. JV starts in September.

Equipment Needed: Racket

Equipment Provided: Balls & Uniform

Team Dues: \$100 (For tournaments & Shirts)

Head Coach: Tyler Nielsen

Contact: Tyler.Nielsen@nisd.net

Join our Summer Remind: text: @g4cd67 to 81010

Swimming and Diving

Swimming Tryouts: Returning Athletes - 3rd week of May. New athletes - 2nd week of August. Exact schedules to be announced.

Diving Tryouts: 2nd week of August. Exact schedules to be announced.

Summer Swimming and Diving Camps: TBD. Email Coach Segrest to be added to the contact list.

Swimming/Diving Season: October - February

Practice Schedule: 1st period 7-9 am, 8th period 4-5:30 pm. Practices are at NISD Natatorium. A bus is available to transport athletes from the pool to campus in the morning or from campus to the pool in the afternoons.

Meets: 8 competitions throughout the season not including championships. Can be held Wed.-Sat. Full schedule available in Aug.

Equipment needed: Suit (practice and competition), fins, paddles, goggles, pull buoy, team parka, and team bag.

Coach: Jeffrey Segrest

Contact: jeffrey.segrest@nisd.net

Water Polo

Water Polo Tryouts: Monday, August 1st and 2nd 2021. MUST attend all tryout sessions.

Summer Water Polo Camps: TBD. Email Coach Segrest to be added to the contact list.

Number on the team: approx. 18 per team (women's/men's)

Water Polo Season: August - October.

Practice Schedule: 1st period 7-9 am. Practices are at the NISD Natatorium. A bus is available to transport athletes from the pool to campus in the morning or from campus to the pool in the afternoons.

Meets: Tournaments with 2-3 games per gender. Can be held Wed.-Sat. Full schedule available in Aug.

Equipment needed: Water Polo Suit, team parka, team bag, water polo ball.

Coach: Jeffrey Segrest

Contact: jeffrey.segrest@nisd.net

Golf

Try-outs and Team Qualifying: All students interested in golf must play 18 holes Tues-Thurs during the 2nd week of school to be considered for participation on the golf team. Try-outs will be limited to the top 12 girls. Senior golfers interested in being on the team need to beat a score of 100 during the time of try-outs.

Season: Entire School Year

Practice: JV - 8th period and after school until 5:30 pm.

Varsity - 8th period & after school until 6:00 pm.

Competitions: TBD after team try-outs and qualifying

Equip provided: Uniforms, balls for competition and golf bag.

Equip Needed: Clubs, shoes & transportation

Recommendations: Interested individuals should join Youth on Course (discounted green fees) and should participate in outside tournaments such as STPGA.com or Beltwayjgt.com.

Team Fee Required: \$250.00

Head Coach: Trey Lowrance

Contact: trey.lowrance@nisd.net or 210-373-5003

Basketball

Camp: June 6-8 2022, 9am-12pm

Number on the team: 12-15 girls

Season: Games are from the first week in Nov. through the first week in Feb.

Practices: Fresh: TBA, JV/V: TBA

Games: Tues./Wed. and Fri./Sat.

Equip provided: Practice uniform, game uniform, sweats & bag

Equip needed: Shoes and socks

Coach: Rihana Houy

Contact: rihana.houy@nisd.net:

Tryouts: October

Soccer

Tryouts: Monday after Thanksgiving Break, though most evaluation happens in class between Aug and Thanksgiving Break.

Number on the team: 20 (JV) & 20 (Var.)

Season: 1st week in Dec. through the week after spring break.

Practices: JV: 7-8:30 am, V: 7-9 am

Games: Typically JV Wed. & Sat., Var. Tues and Fri.

Equip needed: Soccer cleats, shin guards black shorts, gray practice shirt and black or white socks

*You MUST contact Coach Driggers if you are interested in joining the soccer class.

Coach: Diana Driggers

Contact: mary.driggers@nisd.net

Softball

Camp: TBA

Tryouts: Mid. Jan.

Number on the team: 15 (JV) & 15 (Var.)

Season: Mid Jan. through last week in April

Practices: JV & V: 3:45-6 pm

Games: Tues./Wed. and Fri./Sat.

Equip provided: Uniforms, bats, balls and helmets

Equip needed: Cleats and gloves

Coach: Rebecca Halliburton

Contact: rebecca.halliburton@nisd.net

Track

Tryouts: Jan. 9-Feb. 3

Season: 3rd week of Feb. through April

Practices: 8th pd. class: 3:45-5:15pm and **after school:** 10 minutes after dismissal bell-6pm

Meets: Thursday or Friday evenings

Equip provided: Competition uniform, sweats and practice t-shirts

Equip needed: Running shoes, spikes and appropriate practice clothes based on weather

Coach: Anne Ager

Contact: anne.ager@nisd.net, 210-397-5217

Camp registration info, physical packets, additional try out info etc. will all be posted at as they become available:

www.clarkathletics.org (under the MORE tab)



<https://nisd.net/clark/> (under the ATHLETICS tab)



