

Middle School Athletics Guidelines

Dear Parents and Guardians,

Welcome to middle school Athletics! Throughout the year, our athletes will have many opportunities to perform and compete in athletic settings. They will also be able to improve their individual athletic ability each day. The goal of the athletic program is to prepare each athlete for high school athletics and to instill a sense of discipline, teamwork, responsibility, and community. We believe these qualities will make our athletes productive young adults in our community.

We look forward to getting to know you and your student(s) next year. If you have any questions, please feel free to contact the appropriate athletic coordinator.

- Students are expected to participate in multiple sports if they sign up for athletics. These sports include: Football, Basketball, Volleyball (girls), Track, and Cross Country.
- Students participating in Golf, Tennis, and/or Soccer only, do not need to sign up for Athletics.
- Students participating in only Cross Country can sign up for Athletics but will be in “Off Season” all year.
- If a student does not make a team, they will participate in “off-season.” Off-season includes: weight training, running, and conditioning.
- To participate in any athletic activity (including tryouts and practice) or be in the athletic class the athletes must have a physical **on the approved UIL form for 2023-2024 (available in April). No exceptions.** If a student fails to obtain a physical within the first 2 weeks of entering athletics they will be removed. An opportunity to obtain an Athletic physical at a discounted rate will be available this Spring (when a date is set, we will notify the schools). All UIL REQUIRED paperwork must be complete online.
- Each athlete will be issued a pair of shorts, a tee shirt, and a locker. Additional items may be issued for each sport. The athlete is responsible for the equipment they are issued. There will be a monetary fine for any items lost or not returned.
- Each athlete is required to dress out in the issued uniform each day, even if they are sick/injured and cannot participate.
- If an athlete is assigned to ISS/OSS for a total of 7 days, the athlete may be removed from athletics.
- If a student is not being successful in the classroom and has failed more than one 6-weeks in a semester, he/she may be removed from Athletics.

Student Printed Name

Parent Printed Name

Student signature and date

Parent or Guardian signature and date