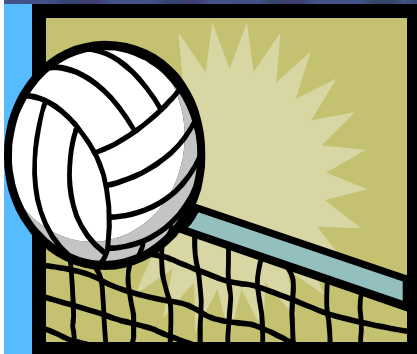


SCOGGINS



Seahawks



**LADY SEAHAWK
ATHLETIC PROGRAM**



SMS GIRLS' COACHING STAFF



**ELAINE RECER – SMS Girls Athletic Coordinator
Head 8th grade volleyball and assistant track**

**SHERRY WASHINGTON
Head 8th grade basketball, 7th assistant volleyball, and
assistant track**

**REBEKAH CATE
8th grade assistant volleyball and basketball, Head Track**

**REBEKAH RANGEL
Head 7th grade volleyball, Head 7th grade basketball and
assistant track**

**JORDAN BRIGGS
7th assistant basketball, Head Cross Country, and Head
Soccer**

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Physicals



- All girl's will be required to have a physical on file in the coaches office before they will be allowed to participate in the athletic period or tryout starting on the first day of school. All incoming 7th graders need to have a complete physical done (front/back of sheet). All incoming 8th graders only need to complete the front of the sheet, unless they had a major injury, and in that case they need a new physical.

- Please give all physical paperwork to Coach Recer; do NOT return it to the front office.

- Girls can have a physical done by their own doctor, but it will need to be filled out on FISD physical paperwork.

- If your athlete does not have a physical by the end of the 1st week of school, they will be removed from Athletics and placed in another elective.

Emergency Release Forms



- All girls will be required to have an emergency release form on file in the coaches office before they will be able to travel anywhere with the team.
- This will give us the ability to contact you in case of an emergency.
- Please keep all information **updated and current**

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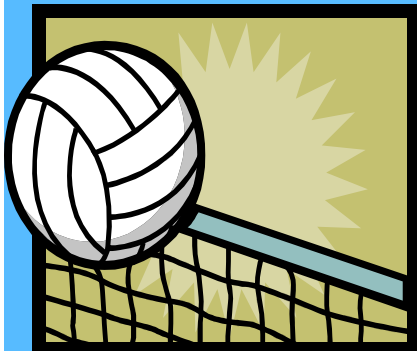
Bus Transportation



- Transportation will be provided to and from away sporting events.
- Coaches will have a sign out sheet at every event, and girl's will need to be signed out at away events before leaving.
 - If anyone other than yourself is taking your daughter home, you will need to provide a written note stating who your child is going to ride home with, and that person will then be responsible for signing your daughter out.
 - Directions will be posted on-line @ Scoggins Athletics website and a copy will be given to your athlete before the first match.

Expectations

- Participation in athletics during and after school is required.
- If an athlete is not participating during athletics, they should not be participating in club/select practice/games.
- If your athlete is absent the practice before a match/game, she will not start.

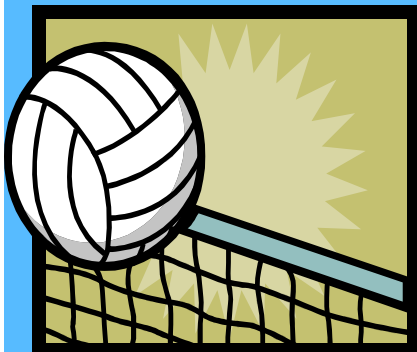


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Following a competition, please allow the coaches enough time to talk with the team before signing them out. If you wish to speak to a coach, please contact Coach Recer the following day to set up a conference.



Expectations

- Girls will be given workout clothes and one set of navy sweats during the school year. If they make a team, they will be issued uniforms. All gear, practice/game, will be washed by the coaching staff.
- She will be expected to dress in this attire for practices daily, and responsible for turning it in to the coaches at the end of the year.
- Athletic gear will not be worn outside of school.
- Cost for lost or damaged athletic gear:
 - **Workout clothes are \$20.00 a set**
 - **Navy Sweats are \$50.00 a set.**

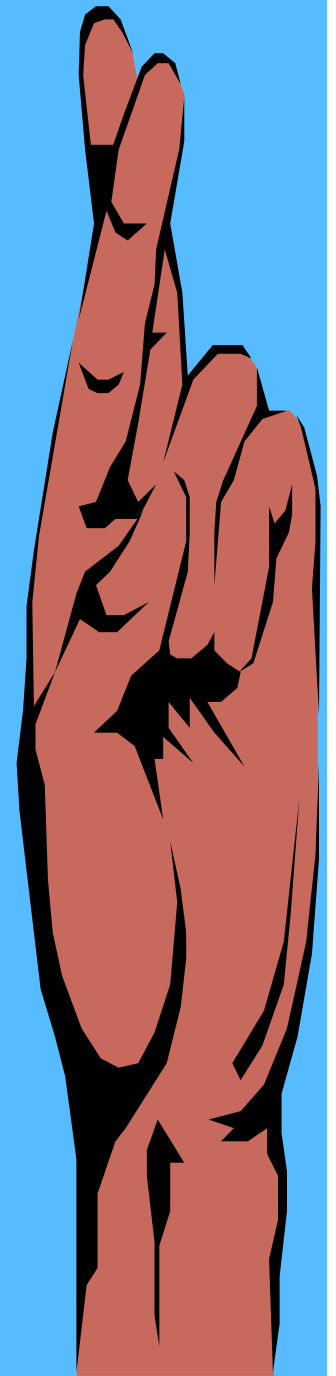


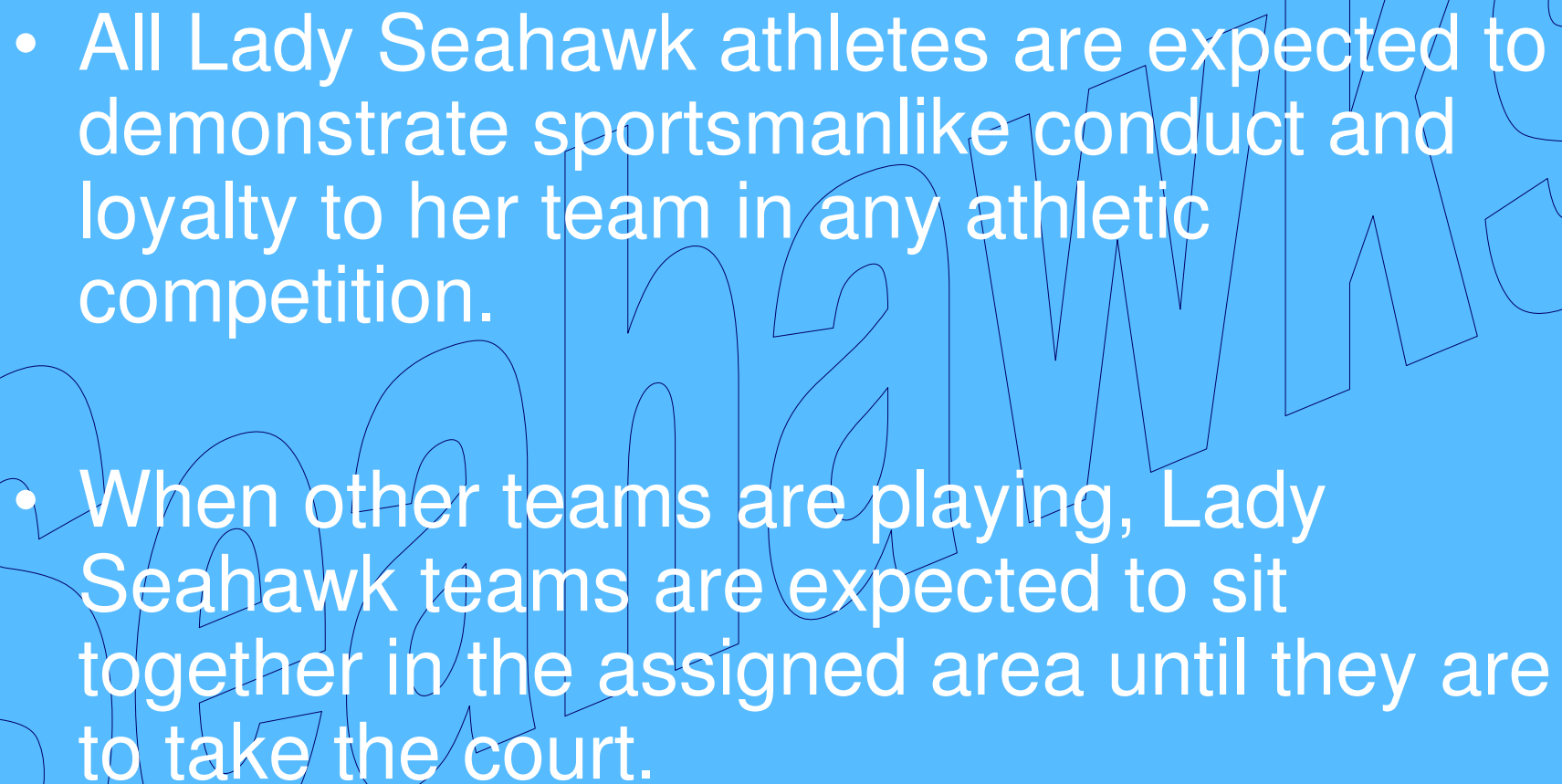
Expectations

- **Girls will be expected to dress out everyday, even due to an injury.**
- **Hair needs to be pulled back and out of the athlete's face.**
- **Shirts tucked in**
- **No jewelry allowed**
 - **Girls are not allowed by UIL to wear jewelry during practices and competitions. If an athlete has recently gotten her ears pierced the earrings will have to be removed before she will be allowed to participate in practices or events.**

Expectations

- Respect all authority including coaches, teachers, parents, officials, and administrators on our campus, as well as, those from other campuses.
- Athletes are expected to show up daily with a positive, open-minded attitude and willingness to learn.
- Classroom behavior will be addressed in athletics—disruptions, detentions, failures, etc...



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- All Lady Seahawk athletes are expected to demonstrate sportsmanlike conduct and loyalty to her team in any athletic competition.
 - When other teams are playing, Lady Seahawk teams are expected to sit together in the assigned area until they are to take the court.

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Facilities

- Take pride in the athletic facilities, including keeping locker rooms clean.
- Lock all personal items in your locker at ALL times.



Seahawks

Making the Team



- All girls can participate in tryouts for volleyball, basketball, track, tennis, soccer, and cross country.
- Tryout dates will be announced at school in the weeks prior to the beginning of each season.

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Making the Team

- Girls who wish to tryout for volleyball and basketball must be enrolled in the athletic period.
- Girls who are interested in trying out for track, cross country, and soccer do not have to be enrolled in the athletic period. These sports are considered after school sports.

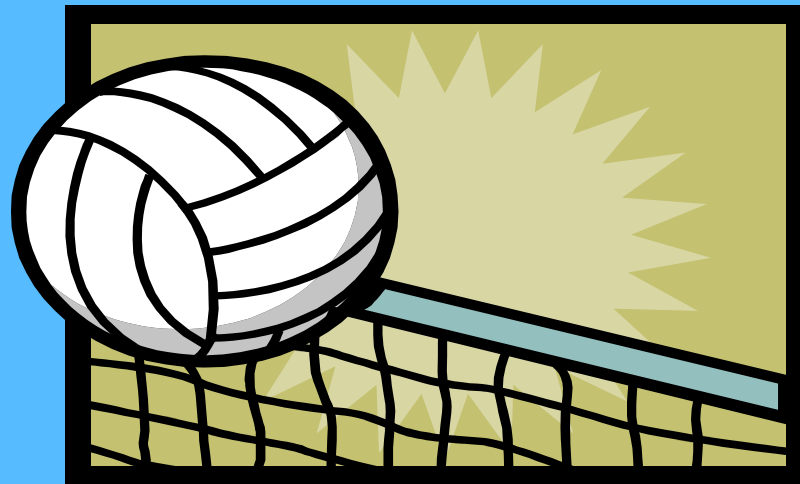
Making the team for Volleyball

- **Tryouts will begin on Monday, Aug. 24th**
- **Try-outs will be held for the first week of school. Teams will be posted outside the gym doors on Friday, August 28th.**
- **Schedules are posted on the Scoggins M.S. website. Standings are also posted after events.**
- **Players may be moved up or down a team at the coach's discretion. There are no set teams at this level.**

Making the team for Volleyball

Tryouts will include:

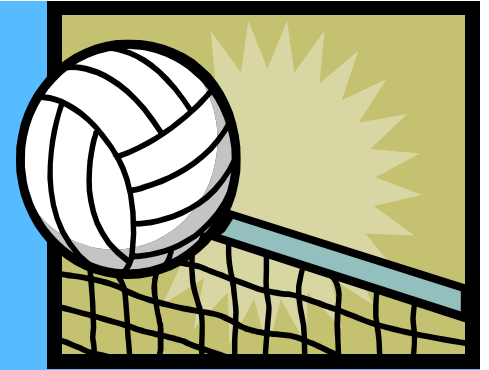
- Serving skills
- Passing skills
- Setting skills
- Hitting skills
- Attitude
- Coachability
- Game situations
- Knowledge of the game
- Leadership



Please understand these are just a few of the tangibles that the coaches will look for during tryouts.

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Athletics—the 1st week



- **Practice gear will be distributed on August 31st during school. Girls will be expected to follow SMS dress code during the first week of workouts.**
- **SOFFEE shorts, spandex and tank tops are not within the SMS dress code requirements.**

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Other Information

- *Please pick your child up after games and practices within **15 minutes** in the back by the gym area. We will always have a coach waiting with them at this spot.*
- *Game day dress: Home games the athletes will dress up (Please wear comfortable shoes!!!) Away games will wear team shirt and jeans.*

ATHLETICS is a Privilege

- Students **are not** required to be in Athletics.
- This is **not** a club/select team. We carry 36 members for each grade's team. We coach everyone, not just the elite. As coaches, we are trying to mold students into young ladies who are not only good athletes, but good people.
- Our ultimate goal is to prepare each athlete for competition at the high school level.



Eligibility

*** Athletes must maintain a 70% in all classes to participate

*** Athletes who fail to pass any six week period at the end of the 1st semester may be removed from program

*** Athletes are encouraged to attend tutorials for classes in which they are struggling



Chain Of Command

