

Please pick up your  
child's folder from  
the stage.

**8th Grade**



**7th Grade**



Wester MS  
Athletics

# Sports Offered

- Volleyball
- Basketball
- Cross Country
- Track
- Tennis (coached by HS tennis coaches)
  - Separate class period
- Soccer
  - Does not have to be in athletics to participate; strictly after school in the spring

# When is the athletic period?

- Girls 7<sup>th</sup> grade athletics- 7<sup>th</sup> period
- Girls 8<sup>th</sup> grade athletics- 8<sup>th</sup> period

# Expectations of Athletes

- Attend all practices and games
- Maintain passing grades in all classes
- Exhibit exceptional behavior in and out of the classroom
- Tutorials- must be attended in the morning during volleyball/basketball/soccer season.  
After-school during track/cross-country season.

# Practice and Attendance

- Practices are mandatory; must attend from start to end
- If a practice is missed for any reason, the athlete will be required to make up the time missed
- If an athlete is unable to workout due to an injury for more than 2 days, a doctor's note is required
- Attending practice even if you are injured is required

# Practice Times (cont.)

- Girls basketball/volleyball/soccer will practice after school each day of the week ending at approximately 5:30.
- Track/Cross-Country practice will be before school at 7am.
- The coaching staff will communicate with you in advance if there is a time change.
- It is the athletes' responsibility to communicate with her coaches if a practice/game is going to be missed.

# Grading Policy

20 Points Daily = 100 points per week

- \* 10 points = suiting out

- \* 10 points = full participation

Student athletes must participate to the fullest of their abilities in all practices and games.

# Game Days

Volleyball-

Thursday Night (one Wednesday)

Basketball-

Thursday Night

Cross-Country-

Wednesday Night

Track-

Thursday Night

Soccer-

Tuesday/Wednesday Night

# Grade Check

Grade checks will be conducted every 3 weeks.

- \*Log on to eschool

- \*Print off current grades

- \***Due Wednesday at the beginning of athletics**

- \*Computer lab/library are available at 8:10

# Child Pick-up

- All athletes must be picked up at the athletic doors in the back of the school.
- Please be prompt in picking up your child at the conclusion of each practice or game.

# Transportation

- Transportation to and from games will be provided
- Wester's expectation is for student athletes to support their teammates for the whole contest.
- If an athlete needs to attend another activity after the completion of their competition, the parent/guardian must contact the coach 24 hours in advance.

# Transportation

- After notifying the coach at the end of the athlete's competition, the parent/guardian will need to present a photo ID and check out their athlete with the coach.
- Parent/Guardian must be on athlete's emergency card
- If a parent does not give 24 hour notification regarding an early check-out, the athlete will be released to the parent, but will be required to sit out the following competition.

# Coaches' Concerns

The key to a successful program comes from communication between the coaches and parents, coaches and athletes, and the athletes and parents.

- Proper Communication Channels
  - Athlete to coach
  - Athlete to parent
  - Parent to coach
  - Parent to girls' coordinator
  - Parent to grade level principal
  - Parent to principal

# What is off-season?

- Athletes not participating in a team sport during that particular season
- Weight training and conditioning
- Only during athletic class period

# Athletic Equipment

- All athletes must provide their own workout clothes for the first week of school. All equipment will be issued on August 31. The only equipment that will need to be provided after that day is shoes.

# Removal From Athletics

- A 7<sup>th</sup> grader must participate on a team to be placed in athletics as an 8<sup>th</sup> grader
- 1 week evaluation window at the beginning of the school
- Athletes can be removed from athletics at this time due to:
  - Lack of participation
  - No physical or other paperwork
  - Misconduct, behavior

# Inhalers

## Asthma

Inhaler must have prescription label on it in order for the athlete to possess the inhaler during the athletic period.

Nurse Campbell has a release form that must be completed and returned in order for the athlete to carry the inhaler.

# Admission Prices

Adult = \$4

Student = \$2 (Wester students are free if the game is played at Wester)

Athletic Pass- \$75 adult/ \$50 student  
(includes all sporting events in Frisco except varsity football)

# FAQ's

- Is there a limit on sports?
  - No, athletes can participate in all school sports.
- What sports do you have to tryout for?
  - Volleyball, basketball, track, soccer
- What equipment is needed?
  - Uniforms and practice gear are provided by the school (except for the first week)
  - \*Athlete needs to provide their own footwear

# FAQ's

- What if I play club soccer or other club sports?
  - Is acceptable; school sports take priority
    - Will not be allowed to leave a school sport practice or event to participate in outside activity (i.e. club sports)
- Can a student participate in other school extracurricular activities (band, etc.) and athletics
  - Yes
- How many girls participate in each sport
  - Volleyball and basketball will have 3 teams with 12 on each team

# Paperwork

- Medical History/Physical
- Emergency Card
- Wester Promise (Gold)
- Steroid Use (Blue)
- Acknowledgement of Rules (Green)
- Locker Combos- please remove (inside folder)

# Volleyball Tryouts

The image features the text "Volleyball Tryouts" in a bold, yellow, stylized font. The letters are thick and have a slight 3D effect, with a dark shadow cast beneath them. The background is a solid, vibrant red. The text is centered and occupies most of the frame.

# volleyball Tryouts

- Monday, August 24- Friday, August 28
- Times: 4:00-5:30 P.M.

# 7<sup>th</sup> Grade

- There will be two rounds of cuts
- First Round 8/24 - 8/26
- First cut will be made on Wednesday, August 26. Each athlete will receive a letter at the conclusion of practice, which states whether they have made it to the second round.

# 7<sup>th</sup> Grade

- Second round of try-outs will be on 8/27 & 8/28.
- Each athlete that made it to the second round of cuts will receive a letter on Friday, August 28 that states whether they have made the 7<sup>th</sup> Grade Lady Wildcat Volleyball Team. The letter will also state which team they made and instructions to go online and print off practice schedule, game schedule, t-shirt order form, game day meal order form, and directions.

# 8<sup>th</sup> Grade

- Try-outs will be from Monday, August 24 through Thursday, August 27. Tuesday practice will dismiss early at 5pm. There will be no after-school practice on Friday 8/28.
- Athletes will receive a letter at the conclusion of school on Friday, August 28 stating whether they have made the 8<sup>th</sup> Grade Lady Wildcat Volleyball team.
- The letter will also state which team they made and instructions to go online and print off practice schedule, game schedule, t-shirt order form, game day meal order form, and directions.

# Requirements

- Good Attitude
- Good Work Ethic
- Fundamentals
  - Passing
  - Setting
  - Serving
  - Hitting
  - Communication
  - Court awareness

# First Scrimmage

- All girls who make the team will be required to attend a scrimmage on Thursday, September 3rd @ 5:45pm.
- First game is Wednesday, September 9th.
- Game Order: Gold, White, Red
- All games start at 5:45 with the following game to start 10 minutes after the previous game.

# Tryout uniforms

- Shirt with last name on back: must be legible.
- Must have the try out uniform with name completed **BEFORE** athletics begins
- This is for identification purposes.
- If you have your own knee pads, you may bring them- knee pad will not be issued until teams have been announced.

# Managers

- There will be 2 per grade level.
- After tryouts, anyone interested will need to get an application from the coaches.
- Coaches will choose 2 per grade level.
- It is a full season commitment.
- Must attend all practices and games

# Volleyball Try-out Sign-Ups

- Back of the Cafeteria
- Find your grade level