

Lady Raider Athletics



Raider Athletics

Coaching Staff

Allison Rose

Emily Beam

Sarah Ruthven

Natalie Tweedy



Allison Rose



2023-2024 Coaching Assignments:

Head Track Coach

-Volleyball: 7th A Team

-Basketball: 7th B Team

-Track: Relays/Sprints & Triple
Jump

- This will be my 4th year teaching 6th Grade Science & 2nd year coaching
- I attended Texas Tech University and received a Bachelor's Degree in Education with a Minor in Human Development and Family Studies.
- I enjoy working out, spending time with family, and watching movies

Fun Fact: I attended SMS and am a BHS grad!

Emily Beam



2023-2024 Coaching Assignments:

Head Basketball Coach

-Volleyball: 7th B Team

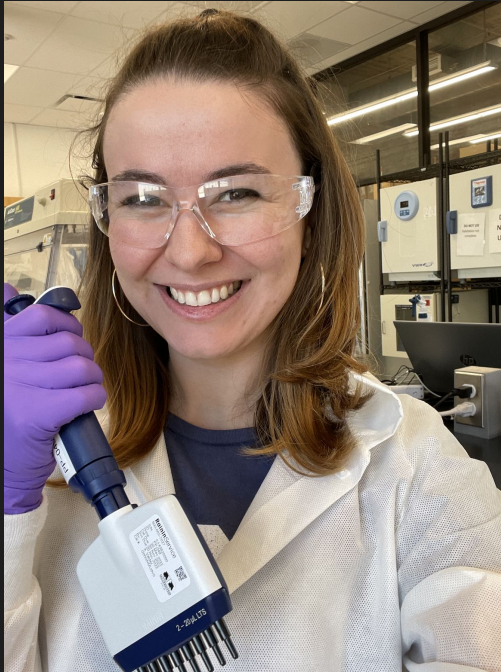
-Basketball: 8th A Team

-Track: Relays/Sprints & Long Jump

- I will be teaching 6th Grade World Cultures.
- I have taught 3 years prior to this year.
- I taught the last 2 years in 3rd Grade at Smithfield Elementary.
- I attended Texas Tech University and received a Bachelor's Degree in Education with a Minor in Human Development and Family Studies.
- I enjoy shopping, working out, watching sports, playing with my dog, and reading!

Fun Fact: I attended SMS and am a BHS grad!

Sarah Ruthven



2023-2024 Coaching Assignments:

Head Volleyball Coach

-Volleyball: 8th A Team

-Basketball: 8th B Team

-Track: Long Distance

- I will be teaching 7th Grade Science & Coaching
- I have my Bachelors in Science in Microbiology from UT Arlington.
- While attending UTA I was a tour guide & orientation leader. I also participated in lots of intramural sports!
- For fun I read, craft, and watch sports and movies!

Fun Fact: I played both volleyball and clarinet for at least 8 years each!

Natalie Tweedy



2023-2024 Coaching Assignments:

Head Cross Country Coach

Volleyball: 8th grade B team

Basketball: 7th grade A team

Track: Long Distance and Discus

- I will be teaching 6th grade Physical Education.
- I graduated from Texas A&M University-Corpus Christi with a Bachelors in Kinesiology and teaching certification for EC-12 Physical Education.
- I have 2 years of teaching Experience and was a previous EA at SMS.
- When I'm not teaching or coaching, I enjoy spending time with family and friends, playing games, and learning new skills.

Fun Fact: I attended SMS, am a BHS grad and I love going on adventures.

SportsYou

7th grade



Code to Join:

6KW8BHH2



SportsYou
8th grade

Code to Join:

JDH8BQ79



Tryouts

7th VOLLEYBALL

- Tryouts will begin on Friday, August 18th
- Doors open at 6:45am, start at 7:00am
- First day is a teaching day
- First cut will be Monday afternoon (after 2 days of tryouts)

- We do not have a set number of days of tryouts, but will for sure be done by 8/25.
- We do not have a set number of athletes making the team.

8th VOLLEYBALL:

- Tryouts will begin on Friday, August 18th
- Tryouts will end at 5:00pm
- First day is a teaching day
- First cut will be Monday afternoon (after 2 days of tryouts)

Practice Times

7th Grade:

Off Season – Students will enter through the cafeteria. They will be released to the locker room at 8:20am, workout starts at 8:30am

In Season– Doors open at 6:45am, start at 7:00am

Locker room opens 4:00–4:10 to get items before going home

8th Grade:

Off Season – 8th Period, ends at 4:00pm

In Season– 8th Period, ends at 5:00pm

In the morning, Students will enter through the cafeteria. They will be released to the locker room at 8:32am to put their things away before 1st period class.

Athletic Uniform:

We have a mandated athletic uniform that is available to be purchased for \$25 per set (shirt and shorts). Please have your athlete bring cash or a check made out to “SMS Athletics”.

Shirt:



Shorts: Black 7" seam athletic shorts

Please see a coach ASAP if you have a question or concern.

Shoes: Please have running shoes to work out in. Air force ones, vans and crocs in “sport mode” are **NOT** running shoes.

Sweats: Available for purchase as well (\$25 hoodie & \$25 pants)

Requirements & Expectations

- Physicals/RankOne

EVERYONE needs a new physical and to complete the RankOne portal paperwork by 8/16

Physicals are due to the coaching staff!

- Athlete Contract

EVERYONE needs a contract signed by both parent & athlete by 8/18

Requirements & Expectations

Expectations For Athletics

1. Hair up, no jewelry.
2. Dress out EVERYDAY.
3. On time! Doors lock - get a tardy pass
4. Positive attitude/growth mindset
5. Communication with tutorials- Passing is mandatory
6. Proper footwear - no crocs, sandals, boots; preferably no Vans or Converse
7. Expect to EXERCISE
8. Sports bras and deodorant
9. Must have a combination lock

Requirements & Expectations

Athletes will be put on probation for any of the following reasons:

- Academic Ineligibility
- 3** Unexcused Absences/Tardiness from Practice (within a semester)
- Non-participation In-Season or Off-Season (**3x** within a semester)
- Failure to dress in appropriate athletic attire (**3x** within a semester)
- Disrespect for the program, teammates and/or Coaches
- Campus disciplinary assignments (Detention, Friday Night School, Suspension, DAEP Placement)
- Other: Multiple Classroom disruptions and referrals

Tutorial Expectations:

Student before Athlete!

7th Grade

- Off season athletes: before 8:30am or after school
- In-season athletes: after school
- Missing practice;
 - let a coach know before practice
 - absent work/test retakes/questions
 - NOT homework

8th Grade

- In season athletes: before school
- Off season athletes: before or after school

Communication

PLEASE SEE INDIVIDUAL COACH FOR
CONFERENCE HOURS AND AVAILABILITY

- PLEASE AVOID BEFORE & AFTER GAMES
 - 24 hour rule
- WE WILL NEVER DISCUSS ANOTHER ATHLETE
- PLAYING TIME WILL NOT BE DISCUSSED. HOWEVER, WE ARE MORE THAN HAPPY TO DISCUSS THE PROGRESSION OF YOUR STUDENT ATHLETE'S ATHLETIC ABILITY. MEETINGS CAN BE SCHEDULED DURING OUR CONFERENCE PERIODS.

From the Nurse...

- If your athlete will need to self carry an inhaler and/or epipen, a medication permit must be completed and signed by a parent AND the physician and given to our nurse.
 - Self-carry must be indicated on the order!
 - The BISD med permit can be found on our website–

<https://www.birdvilleschools.net/cms/lib/TX01000797/Centricity/Domain/683/ADA%20Medication%20Form.pdf>

From the Nurse...

- Shot records! TDAP and MCV4 are required for 7th grade girls by 8/16. Please make sure these records make it to the **nurse** by the first day of school!
jennifer.rodriguez@birdvilleschools.net
- Please ensure your athlete brings a water bottle to stay hydrated and also eats a light, healthy breakfast containing a good balance of protein and carbs.

Game day information

- PREPARE TO PAY TO ATTEND GAMES AND TOURNAMENTS.

- \$3 FOR ADULTS

- \$2 FOR STUDENTS

- *Some locations' prices may vary or they may just take donations*

Game day meals



Game Day Box Meal Menu

Parents, this is a game changer for planning and providing meals around your student's school activities.

Our Game Day Program will deliver boxed meals to your student with their name and choice of the week. You have the convenience of ordering for the season at one time with great tasting variety for each week of the month.

Choose with confidence. All our foods are free from dyes, artificial trans fats and flavors, processed MSG, and high-fructose corn syrup.

Gluten Sensitive and Vegetarian options available!

All-Star Box

11.74

Specialty sandwiches for the new school year. You can alternate your choice from week to week.

Club Royale 700 cal

Nitrite-free smoked turkey breast and ham, bacon, Swiss, cheddar, leafy lettuce, tomato, honey mustard, croissant.

California Club 760 cal

Roasted turkey breast, bacon, Swiss, guacamole, tomato, organic field greens, mayo, croissant.

Includes Chips, Pickle & Chocolate Chip Cookie 420 cal

Varsity Box 830-900 cal

10.24

8-ounce meat sandwich topped with leafy lettuce and tomato. You can rotate choices from week to week.

Meat Choice - Ham or Turkey

Bread Choice - Croissant, Wheat, White, French Bread or Organic Wheat Wrap

Cheese Choice - American or Provolone

Includes Bottled Water, Chips, Pickle & Chocolate Chip Cookie 420 cal

Jr. Varsity Box 680-760 cal

7.14

Lighter portion sandwich topped with leafy lettuce and tomato. You can rotate choices from week to week.

Meat Choice - Ham or Turkey

Bread Choice - Croissant, Wheat, White or Organic Wheat Wrap

Includes Chips, Pickle & Chocolate Chip Cookie 420 cal

Add Cheese 80 cal .29

Bottled Water .69

Game Schedules

GAME SCHEDULES ARE AVAILABLE ON THE
SMS ATHLETIC WEBSITE

- B team plays at 5:00, A team plays around 6:15
- Volleyball – 7th & 8th play on the same night, usually Monday
- Basketball – 7th Monday/8th Thursday
- Each team will have 1 tournament. Tournaments will be held on Friday and Saturday. A team will also have a district tournament at the end of the season.

(ALL students grade-check; end of second 9-week grading period)

Eligibility

Grades:

- MUST MAINTAIN 70+ FOR ELIGIBILITY (UIL)
- RE-ELIGIBLE IF PASSING PROGRESS REPORT (UIL)
- **NEW 9 WEEK GRADING PERIOD:**
- **Eligibility will be checked every 6-week progress reports and 9-week report cards.**
- **MUST be passing at these two time periods to play.**

Attendance:

- MUST BE PRESENT FOR FOUR CONSECUTIVE CLASS PERIODS ON GAME DAY (UIL)

Eligibility

BISD 9 Week Grading Eligibility Calendar

Aug. 16 – Oct. 13 - 1st Quarter Oct. 16 – Dec. 20 - 2nd Quarter-End of 1st Semester
Jan. 8 – March 8 - 3rd Quarter March 18 – May 23 4th Quarter - End of 2nd Semester

8/16/23	BISD school year begins. All students who have proper credits are eligible.
9/12-9/23	Reminder emails need to be sent to all teachers & coaches
9/22/23	<u>All student</u> eligibility 6 weeks check
9/29/23	Students lose eligibility (failing 6 weeks grade check)
10/5-10/13	Reminder emails need to be sent to all teachers & coaches to input grades
10/13/23	<u>All student eligibility</u> 9-week grade check
10/16/23	First day of the 2nd 9-Weeks grading period
10/20/23	1st eligibility student check (regain eligibility from 6 weeks or lose failed 9 weeks)
11/3/23	Three-week grade checks for ineligible students at the time of regular school day
11/10/23	Ineligible students can gain eligibility @ the end of the day
11/20-27/23	<u>All students</u> become academically eligible at the time of regular school
12/1/23	Three-week grade checks for ineligible students at the time of regular school day
12/8/23	Ineligible students can gain eligibility at the end of the day
12/20/23	<u>All students</u> End of 9-Weeks.
12/20/23-1/8/24	All students become academically eligible at the time of regular school the day ends (because of the break)
1/8/24	First day of the 3rd 9-week grading period
1/15/24	Students can gain or lose eligibility at the time the regular school day ends
1/26/24	Three-week grade check for ineligible students at the time the regular school day ends
2/2/24	Ineligible students can gain eligibility at the end of the day
2/15/24	Three-week grade check
2/22/24	Students can gain eligibility at the end of the day
3/8/24	End of 9-Weeks. Student Grade Check (<u>All Students</u>)
3/18/24	First day of the 4th 9-Weeks grading period
3/25/24	<u>All Students</u> can gain or lose eligibility at the time the regular school day ends
4/8/24	Three-week grade checks for ineligible students at the time regular school day
4/15/24	Ineligible students can gain eligibility at the end of the day
4/26/24	Three-week grade checks for ineligible students at the time regular school day
5/3/24	Ineligible students can gain eligibility at the end of the day
5/25/24	End of the school year and 4th grading period



Eligibility

Grade checks will occur on the following dates:

Q1

- 9/22 (ALL students; 6-week grade check)
- 10/13 (ALL students; end of first 9-week grading period)

Q2

- 10/20 (students are able to regain after failing on 9/22)
- 11/3 (3-week grade check for ineligible students to regain eligibility)
- 12/1 (3-week grade check for ineligible students to regain eligibility)
- 12/20 (ALL students grade-check; end of second 9-week grading period)

Q3

- 1/15 (ALL students can either gain or lose eligibility)
- 1/26 (3-week grade check for ineligible students to regain eligibility)
- 2/15 (3-week grade check for ineligible students to regain eligibility)
- 3/8: (ALL students grade-check; end of third 9-week grading period)

Q4

- 3/25: (ALL students can either gain or lose eligibility)
- 4/8: (3-week grade check for ineligible students to regain eligibility)
- 4/26: (3-week grade check for ineligible students to regain eligibility)

**Eligibility goes into play
one week after grade
check**

Community Service/TCU Nights

- Teams will be participating in community service together this year.
 - It will vary and we will get information out ASAP...usually we help Mr. Gage with a project
- TCU nights
 - \$3 tickets and parents can attend
 - Must provide your own transportation
 - Volleyball: Thursday, September 28th

Lady Raider Generic Shirt

- Generic shirts will be offered!
 - Forms will be sent home this Friday
 - We accept cash and check!
- Short sleeves, long sleeves, v-necks, and sweatshirts are available in certain colors listed on your form!



Fundraiser

- This spring we will send out details on our yearly fundraiser.
- “Hour-a-thon”

*Comments or
Questions?*

