

2022-2023

Lady Warrior Athletic Handbook



Lady Warrior Coaching Staff:

Coach Debbie Heath - *Girls' Athletic Coordinator*
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Social Media Accounts:

Twitter: @LadyWarriorAthl
Instagram: WMSLadyWarriors01

WMS Lady Warrior Athletic Expectations

PHYSICALS/PAPERWORK

A physical from your medical doctor and all Rankone paperwork are a requirement to be in athletics. All athletes that do not turn in their paperwork by the 2nd week of school will have their schedule changed to PE or another elective if PE requirements are already fulfilled. In order to participate in athletics, all paperwork must be turned in ASAP. An athlete will not be allowed to participate without the physical and other papers required by Watauga Middle School. Paperwork includes: Handbook Agreement, Player Contract, Media Release. Rank one paperwork includes: COVID, Medical History, Emergency Release, and UIL forms signature page.

Participation Guidelines

Watauga Middle School offers four different sports that are a part of the athletic program. The year will start with volleyball (August- November), move to basketball season (November –February), then track season (February – April), and last, cross country season (April – May). As coaches, we realize that for a lot of the athletes in our program this may be their first time playing a specific sport. With that being said, all athletes will try out for every sport offered. Please do not join athletics with the hopes of only playing volleyball or only basketball. It is our job as coaches to expose you to new things and help mold you into the best athlete possible. Volleyball and basketball teams will consist of 10-12 players per team, per grade (4 teams total). Track has over 50 spots available EACH MEET, and cross-country is open to everyone. Track and cross-country are the two sports that could change on a weekly basis. There will be a “tryout” every week during these two seasons.

Tryout Policy

Each athlete is given up to 3 days to try out for volleyball and basketball teams. During this time, coaches will be ranking every athlete based on skills, hustle, effort and coaching ability. Track and cross-country will have a “tryout” period EVERY WEEK!

Non-School Extra Curricular Activities

If an athlete misses a game for a non-school extracurricular activity, for instance: select softball, soccer, rodeo, music, etc, then that athlete will sit the next scheduled set or first quarter. If your daughter begins missing several practices/ games within a particular season, they might be asked to go to off- season to finish out that season. We are happy to see your daughter playing sports outside of school, but the only reason an athlete should miss a scheduled game is due to illness, funeral, extenuating circumstances or other extracurricular school activities. In the case of any of these events the player should arrive with documentation the day before the next practice or game. Communication with the coaching staff prior to any known absence is required.

JEWELRY

You may not wear jewelry during athletics. Please get your ears pierced during the summer break. You are not allowed to compete in any sport with jewelry. A medical I.D. or religious necklaces are the only jewelry allowed. If you wear jewelry to practice you will have 10 burpees before you can participate.

TEAM INFORMATION

Every athlete will get playing time. We want to create a competitive and fun atmosphere where every athlete is able to grow and learn. 8th grade A teams will be the most competitive, but every team in the program will have the same expectations of competing, learning, and growing as an athlete. Once you have made a team,

your spot is not set. You may be passed between teams or moved up or down at any point in time. We, as a program, require all teams to support one another. We will stay until the final game has finished. The girls should sit together and cheer on their teammates. Having homework is not an excuse to leave after you are finished with the game. Athletes can work on homework together in the stands if needed.

FUNDRAISERS

Lady Warriors will put on fundraisers throughout the season. We will try to have two fundraisers this year, one in the fall and one in the spring. All students are required to participate in these fundraisers. What we raise goes towards the athletic program, therefore we need all players participating.

“NO PASS-NO PLAY”

If an athlete fails a grading period weeks, they will be unable to compete in an athletic event for 3 weeks. At the end of the three week period (progress reports), athletes must be passing all classes to be able to continue competing in that sport. Even if an athlete fails a six weeks, they will continue to practice with their team, but will not be allowed to compete in games, travel on the bus, sit on the bench, or practice before/after school. Per UIL, athletes can only practice during school hours if they are failing. Also they may be moved to a different team to allow someone else the opportunity to compete. If an athlete fails multiple grading periods, they may have their schedule changed to PE or another elective. It is SUPER important for these girls to remember that they are STUDENTS first, and they must maintain a passing grade in all of their classes.

EQUIPMENT

It is a privilege to be in athletics and to have nice equipment. We will charge students who damage the equipment and/or lose it. Athletic shoes and the mandated workout uniform are required as part of the uniform. Ankle braces are not required but are encouraged. COACHES ARE NOT RESPONSIBLE FOR LOST PROPERTY!!

COST/EXPENSES

The athletic fee is \$25 and that covers team uniforms, practice uniforms, and other issued equipment. This needs to be taken care of by the first day of school. Extra practice uniforms will be available for an additional \$25 fee. All athletes will also need a combination lock for their lockers. This is REQUIRED. Once again, COACHES ARE NOT RESPONSIBLE FOR LOST/STOLEN PROPERTY!

Throughout the year, we will be taking other field trips to outside sporting events. Some in the past have been TCU volleyball and basketball games, WNBA games, etc. These will be an extra cost, but are not required for athletes to attend. These events are usually around \$20. You must be in good standing with grades, attendance, discipline to attend. This privilege can be taken away and refunded at any time due to any discipline issues that may arise.

PRACTICE/MISSED PRACTICE

Every event (practice, game, etc.) is a constant evaluation; it is in your best interest to always give your best effort. Practice before or after school is a requirement for those athletes on a team. In case of a missed practice, call or email before practice to notify the coach. Missing any practice without notifying the coach will be considered unexcused. If an athlete can't participate due to an illness or injury, coaches will require a note from the doctor specifying the nature of the problem. The coaching staff understands legitimate injuries or health problems, but please make sure they are in fact legitimate. Any day missed will result in a makeup practice that will be done under coaches' supervision before or after practice. This is not punishment, it is make-up. If the makeup practice is not complete by the next match, the player will sit part of that match.

EXCUSED OR UNEXCUSED PRACTICE POLICY

All absences must be notified by the coaches before the event (practice, game, fundraiser, etc.) is missed.

Excused absence defined:

1. Personal illness/accident
2. Funeral or death of family/friend
3. Participation in another school activity
4. An absence that has prior approval/permission from a coach
5. Doctor's appointment (must bring a note from the doctor's office or it is unexcused) – try not to schedule these during athletics or gamedays.

Examples of past-unexcused absences include:

- Watched my brother/sister play their game. Your practice is just as important as their game.
- Grounded, parents would not let you be at practice.
- Teacher said you had to stay to do a test, etc during athletics and you didn't get your coach's permission.
- Shopping, hair appt, nail appt, etc.

Consequences- PLEASE SEE PLAYER CONTRACT

****All consequences may be adjusted by severity of situation****Watauga coaches reserve the right to address each situation as they see fit.

OFFSEASON

Being a part of the offseason is a privilege just like regular season is. This is where the girls will make gains in the weight room and conditioning, as well as skills needed for a specific sport or upcoming season. All of this is essential to becoming a better athlete. Because of this we believe it is imperative to have good attendance. Just a reminder, teams are never set in stone! Things can change at any point during any season!

TRAINER

ALL athletes, even middle school, have access to the Haltom High School training facilities. If an injury occurs, athletes are encouraged, but not required, to go see our trainer before going to see a doctor. The training facilities are open every morning by 7:00AM with prior notification/appointment. If you choose to go see a doctor then we MUST abide by their recommendations and you will NOT be able to participate until released by them. All doctor's notes must have a release date.

RESPECT/SPORTSMANSHIP/SUPPORT

All BISD athletes will show their teammates, coaches, referees, etc. the utmost respect. Disrespecting a teacher, teammate, coach, or referee will not be tolerated. It may cause your dismissal from the program no matter your talent level. It is the job of each player and parent to support BISD athletics. No negative comments from the parents to any of the kids will be tolerated. *There is a 24 hour rule in which a parent must wait to talk to a coach after any athletic event.*

CHAIN OF COMMUNICATION

As coaches, we will hold an open door policy for players to come and talk to us about any issues. If an issue should arise, the chain of communication is as follows:

1. Player to coach- this is the first step. Coaches will not meet with the parent unless the player has talked to their coach first.
2. Parent to coach – your daughter will know when you contact their coach, and the coach will not talk about anyone but your daughter.
3. Parent to Coach Heath (Campus Assistant Coordinator)- the above two steps must be taken first.
4. Parent to Coach Adams (Campus Athletic Coordinator)- the above 3 steps must be taken first.
5. Parent to Administrator assigned to athletics

***Do not skip any steps! ***

Please, please, please make sure your email and phone numbers in skyward are up-to-date! Email will be the communication used the most!

2022- 2023 LADY WARRIOR ATHLETIC CONTRACT

We are excited to kick off another great year! I know that many of you have worked extremely hard over the summer. Now is the time to work even harder to get better as we begin our search to reach our goals. In order to be successful in anything that you do, there must be discipline. Here are some of the simple rules.

RULES:

1. BE ON TIME:
 - a. Be 5-10 minutes early to every practice!
 - b. IF YOU ARE 1 MIN LATE, YOU ARE LATE!!!
2. BE RESPECTFUL:
 - a. Respect yourself
 - b. Respect your team
 - c. Respect your coaches
3. COME TO PRACTICE/ GAMES READY TO WORK
 - I understand that things may not be going well outside of athletics, but when you are in our gym the only thing on your mind should be getting better! Be prepared with the correct equipment, uniform, etc for every practice and game! When you are in the stands waiting to play, or just finished playing, you will be sitting with your teammates and cheering on the WMS team that is playing. No cell phones!!
4. BE ACCOUNTABLE
 - Integrity is always doing the right thing when no one else is watching. Be accountable for being at practice and games. Take care of your grades. Stay out of trouble in the classroom, on the court, at home, and in the community. Come to practice with a good attitude!!!

3 STRIKE PROGRAM:

- To help ensure that we are doing the right things, I will be implementing the 3 STRIKES PROGRAM. Being in athletics is a privilege, and you are a role model and a representative of Watauga Middle School. The program is very simple to follow. Get 3 strikes and your position on any given team will be reviewed! – This can be changed by the coaches at any time. You may be directly removed from a team.

What constitutes a strike...?

- Break any of the rules listed above and/or in any of the rules in the handbook
- No show/no call to any required meeting (practice, games, fundraisers, etc.)
- Missing a game without coach's approval
- Yellow or Red Card/ technical foul
- Bad teacher/administration report/ISS
- Fighting

CONSEQUENCES: (This can only be done under a coach's supervision. The athlete must go and schedule a time with the coach to complete these. These will be done before or after practice.)

- STRIKE 1 = 5 DOWN AND BACKS (Running) (TIMED) 20 BURPEES IN BETWEEN
- STRIKE 2 = 10 DOWN AND BACKS (TIMED) 30 BURPEES IN BETWEEN
- STRIKE 3 = 20 DOWN AND BACKS (TIMED) 40 BURPEES IN BETWEEN (AND POSITION ON TEAM WILL BE REVIEWED)

PARENT ETIQUETTE:

- Leave the coaching to the coaches
- Don't approach the bench during a match
- Honor the 24 hour rule – do not approach a coach until 24 hours after the game.
- Cheer on your daughter and her teammates, at all times
- Be positive in your talk on the ride home
- Avoid criticizing the officials and coaches
- Honor the Watauga form rules

POST GAME BEHAVIOR:

- Always shake your opponent's hand. Whether we win or lose, we will do so with CLASS.
- Everyone is required to stay until the final game has been played and our stuff has been picked up. Away games you will ride the bus home unless otherwise stated by your coach. At home games, you will help pick up the gym before leaving.

MAKE UP PRACTICES FOR UNEXCUSED ABSENCE

- FIRST MISSED PRACTICE : 20 serves/free throws, 15 passes/layups and two “push-pulls”
- SECOND MISSED PRACTICE : Double first missed practice
- THIRD MISSED PRACTICE: Sit a set/quarter and repeat second missed practice
- FOURTH MISSED PRACTICE: Sit a half and repeat second missed practice
- FIFTH MISSED PRACTICE: Will not play in the match/game and repeat second missed practice

After reviewing the Lady Warrior Athletic Handbook and Lady Warrior Athletic Contract, please sign below and **return only this form/page** to the coaches. Please put the top portion in a safe spot for your records.

1. We have read and understand the Lady Warrior athletic policies/handbook for Watauga Middle School. By signing this I will abide by rules and procedures set forth.

Student Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

2. By signing your name below, you acknowledge and agree with the rules and consequences that have been put in place by the Lady Warrior Coaching Staff in the player contract.

Student Signature: _____ Date: _____

Parent (Guardian): _____ Date: _____

3. LADY WARRIOR ATHLETE MEDIA RELEASE FORM

My daughter, _____, has my permission to be photographed and their picture be used on any WMS Athletic social media outlet (twitter, instagram, Face Book, etc.) or the BISD Lady Warrior Athletic school website.

SIGNED _____

DATE _____