

Dear 7<sup>th</sup> Grade Parents,

We are looking forward to another successful athletic season. We have included information to help make the transition to middle school athletics a painless one. Tryouts for volleyball will begin on Wednesday, August 26<sup>th</sup> and continue until Friday, August 28<sup>th</sup>. Girls will need to be at tryouts **all three** days. 7<sup>th</sup> grade girls will begin at 6:30 a.m. and 8<sup>th</sup> grade girls will begin at 4:00 p.m.

In order to tryout each student must have a completed physical packet on file. This packet includes a physical by a doctor as well as three other forms that require parent and/or student signatures. **Every** portion of each form **must be completed** before that student can tryout. A copy of the packet can be found on the Stinson webpage.

Any girl that is in first period Athletics and does not turn in a completed physical packet will be placed in the regular **physical education** class. No student will be allowed to participate in the Athletic class until a complete physical packet is on file. UIL guidelines prohibit students from participating in any athletic program before, during or after school unless all paperwork is complete.

Our program consists of in season skills (volleyball, basketball and track) and off season conditioning. Conditioning consists of: Cardio exercises of different types, weight training, core training, plyometric training, running and agility. Girls are graded solely on participation. Dressing out everyday and fully participating are a must. Those that do not will have consequences and could eventually be removed from Athletics.

In closing, we would like to stress that Athletics is a privilege and not a right, so our program is very demanding. Girls that decide to participate in it need to understand what they are being a part of. We believe that team work, discipline, and hard work are essential for the development of young athletes. These will be stressed throughout the year.

Thank You,  
Stinson Coaches