



Dr. Hector P. Garcia Middle School

14900 Kyle Seale Parkway San Antonio, Texas 78255

P. 210-397-8400 F. 210-695-3830

www.nisd.net/garcia

Robert Barrientes, Athletic Coord, Boys Head Coach
Morgan Starling, Girls Head Coach

robert.barrientes@nisd.net
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Garcia M.S. Athletic Requirements

Physical Exam:

- ALL athletes must complete a physical exam by a physician EVERY 2 YEARS.
- Must be completed on NISD athletic physical form.
- Must be turned in to Coach Starling or Coach Garza.

Medical History:

- ALL athletes must complete medical history form YEARLY.
- Must be filled out by a parent completely, signed and returned.
- If you mark yes to any questions, you must explain why on form.

RankOne Online Forms:

- All athletes must complete ALL 8 online forms YEARLY through RankOne.
- Go to the Garcia website: selecting *Extracurriculars*, then choosing the *Athletics General Requirements* dropdown option and the links/instructions are provided.

Asthma Action Plan*:

- Only athletes with asthma must complete a yearly AAP before participating in athletics.
- Must turn in an extra inhaler to Coach Starling at the beginning of '24/25 school year.

IMPORTANT INFORMATION

SPORTSYOU: Download the SportsYou App

- All athletes are required to join the **24/25 Gladiator Girls Athletics** SportsYou page.
- **7th GRADE SportsYou Code: NPVLK344**
- **8th GRADE SportsYou Code: QSDGE7LY**
- ALL pertinent information will be sent via SportsYou.

Athletic Uniform:

- All athletes must dress out properly in Garcia Athletics Shirt, P.E./Athletic Shorts, WHITE CREW SOCKS, and athletic shoes.
- Athletic Shirts are \$10 and will be sold at Market Day and first week of school.

Sports Seasons:

- Volleyball: August-November
- Cross Country: August-October
- Basketball: November-February
- Tennis: January-February
- Track: February-March
- Golf: March-May
- Soccer: April-May

Athletic Lockers:

- Each athlete will be given a locker in the locker room with a combination lock at the beginning of the school year.
- Athletic Cages are for IN SEASON athletes only.

Market Day:

- Tentative Date: August 7th, 2024
- You will be able to purchase athletics shirts, PE/Athletics shorts, and spirit shirts from the previous year. Limit to 3 complete sets of uniforms to ensure we have enough for all to get a set.

High School Summer Camps:

- All camp information and sign up links for Brandeis and O'Connor summer camps will be posted to 23/24 Gladiator Girls Athletics SportsYou Page.
- Camps offered at B&OC:
 - Strength & Conditioning, Volleyball, Basketball, Softball, and Soccer.



NORTHSIDE INDEPENDENT SCHOOL DISTRICT

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Date: _____

Gladiator Parents,

Your daughter, _____ S# _____, is enrolled in the 7th or 8th grade girls' athletic period for the 2024/25 school year. We are so excited to get to work with all our athletes in the upcoming school year. Below you will find the requirements needed for your athlete to remain in the athletic period or be eligible to try out for a sports team.

NISD Athletic Requirements:

- **Physical Exam** by a physician every 2 years.
- **Medical History Form** updated yearly.
- **RankOne Online Forms** completed yearly.
- **Asthma Action Plan*** for athletes with asthma updated yearly.

If all required paperwork is not completed/turned in the first week of the 24/25 school year, the athlete will be removed from the athletic period and the choice between P.E. or Dance class.

Please initial below that all have been completed/turned in to Coach Starling or Coach Garza:

- _____ NISD Physical Exam Form[only needed if not completed for 23/24 school year]
When Physical will be completed: _____
- _____ NISD 2024/25 Medical History Form
- _____ RankOne Online Forms completed [Do not need to be printed]
- _____ Join 24/25 Gladiator Girls Athletics SportsYou Page

Parent Signature

Athlete Signature

We appreciate your efforts in completing the required paperwork and look forward to working with your athlete in the upcoming school year! If you have any questions, please feel free to contact any of the girls coaching staff. Go Gladiators!

Coach Starling