

Welcome to Mabank Junior High Athletics

We are excited to start the 2023-2024 school year and look forward to working with your athlete. Our goal is to educate, motivate, and build self confidence in your child. We, the coaches, are going to push them to be the best that they can be while in the gym, classroom, and out in society.

Requirements:

You must have a physical to participate in the athletic period. If you do not have a physical you will not receive athletic clothes or a locker and will not be allowed to workout. **If you do not have your physical within the first two weeks of the school year, you will be removed from athletics.**

Grades:

Grading will follow district policy. Your child will be graded in athletics in 4 key areas

(Behavior, Participation, Clothes, Locker).

Everyday they will start out with 20 points "100 points a week"

Each of the following is worth 5 points a day.

Behavior (Daily Grade)

This is in and out of athletics. Are you following all the school rules? (Write ups, tardies, being disrespectful to a teacher or Coach, leaving a mess on the bus, the weight room, the locker room or in the stands during home or away games)

Participation (Daily Grade)

Putting forth the required effort for workouts. Not skipping reps, following directions, and showing up for practice. Communicating with us if they are unable to show up for practice.

Responsibility (Daily Grade)

Dressing out, keeping up with their assigned clothes, and having a pair of shoes to workout in everyday. We provide workout clothes for athletics only. You are required to wear and wash them everyday. You will put your clothes on your clip after every workout and put it in the designated basket before you leave. We will wash whatever is on your clip and have it back in your locker before the next workout.

Locker (Daily Grade)

Maintaining their locker and equipment. Nothing in the bottom of their locker but shoes or cleats, keeping their locker and locker room clean, and putting their clothes on their clip everyday to be washed.

Test Grades (SEPARATE GRADE WORTH 100pts)

Test grades will come from when we do our maxes(Bench Press, Squat, Deadlift, Power Clean, 40 yard dash, 400, Vertical Jump and the Fitnessgram). Grading for this will be based on competition, effort and improvement.

RULES AND EXPECTATIONS

- When you make a team it is required that you ride the bus with the team in order to play. After your game you can get signed out and ride home with your parents. **ONLY PARENTS AND GUARDIANS CAN SIGN YOU OUT.**
- Cell phones **ARE NOT** allowed to be out in the locker room, gym, or in the classrooms.
- **You must wear athletic shoes during the athletic period. Vans, Hey Dudes, Slides, and Crocs are NOT athletic attire. (THIS IS PART OF YOUR GRADE)**
- Jewelry is not allowed to be worn while working out or at competitions. (No earrings, rings, or necklaces)
- **If your child is sick please do NOT send them to school. Email or send your coach a message on sports you.**
- **Parent notes for an injury will not be accepted. If your child is injured they need to see the district athletic trainer first. Then they must show up for treatment everyday.** This can be in the morning at 7:00AM or after school until 4:00pm. Failure to show up for treatment will result in a **zero** for that day.
- Please use the proper chain of command. If you have any questions regarding your child please address that coach by email. The coach should respond within 24 hours. Please do not approach a coach at a sporting event. Communication is very important. Your child will be required to join our Mabank Sports Network page by going to www.MabankAthletics.com. This is how we will communicate with you and your child about practices, camps, games and other important information. (PART OF YOUR GRADE). If you can't make it to practice due to illness or personal reasons please let a coach know ASAP.
- Any write-up or discipline received from class will also result in punishment in athletics. If you go to ISS you are still responsible for showing up for practice. **IF YOU ARE IN ISS ON A GAME DAY YOU WILL NOT BE ABLE TO PLAY THAT DAY.** All punishment must be completed before or after practice/workouts not during.
- 7th Grade Athletics Period is at 2:45-3:30. In-season practice will go from 2:45-5:00. **If you are in the locker room after 2:50 you are tardy. In-season practice will go from 2:45-5:00**
- 8th grade athletic period is at 7:50-8:20 am and released for second chance breakfast at 8:25. In-season practice will go from 6:30-8:20 am. **The locker room will be open at 7:40 if you are still in the locker room at 7:50 you are tardy.**
- **Athletes are responsible to maintain a 70 or higher in all their classes to participate in any UIL sporting event. Failing for two consecutive 9 weeks will result in your child being up for review for possible removal from athletics until they pass for two consecutive 9-weeks.**
- **Athletes with 10 write-ups will be up for review for possible removal from the program.**

We look forward to having a great school year. Thank you for your support!
Mabank Junior High Boys Athletics player/ parent agreement:

Coaches:

- Always treat others with RESPECT
- Be clear with expectations of others on and off the court/field
- Motivate, educate and encourage athletes and staff
- Embrace the time we have with one another
- Respond promptly to parents concerns/emails (within 24 hours)
- Model good sportsmanship towards opposing players, coaches and officials

Parents:

- Be supportive of your child, coaches, and other players
- Show class and dignity in game settings towards fans, officials, and opposing players
- Allow the coach to coach
- If an issue occurs email or call the coach of your athlete and schedule a meeting. If the issue is not resolved then contact the JH Coordinator. Please go through the proper chain. (Coaches will not talk to parents at the games but will respond to emails at their earliest convenience)

Athletes:

- Be positive and supportive of your teammates
- Respect yourself, your teammates, coaches, and teachers
- Work hard daily
- Do not take items that do not belong to you (**stealing will not be tolerated**)
- Zero tolerance for cell phones in the locker room / classroom
- Be prompt / on time
- Be prepared (**bring proper athletic shoes**)
- Playing time is earned not granted

Student Signature _____

Parent Signature _____

Date _____

