



2022-2023 Crownover Middle School Girls Athletics

Year At a Glance:

	Volleyball	Cross Country	Basketball	Track and Field
Tryout Dates	August 15 th 2021	Immediately after the End of Volleyball Season	Immediately after the End of Volleyball Season	Week after District Basketball Tournament
Practice Times 7 th	Morning (7-8:50am) Doors will open at 6:45am	Can choose 1. Morning (7-7:45am) 2. Afternoon (3:40-4:30 pm)	Morning (7-8:50am)	During the Athletic Class Period and Afternoon (3:40-5pm)
Practice Times 8 th	Afternoon (3:40-5pm)	Can choose 1. Morning (7-7:45am) 2. Afternoon (3:40-4:30 pm)	Afternoon (3:40-5pm)	During the Athletic Class Period and Afternoon (3:40-5pm)
Weekend Commitment	Yes 2 Tournaments	No	Yes 2 Tournaments	No
Length of Season	10 weeks Mid August-Late October	3 weeks Early-Mid November	10 weeks December-Mid February	5 weeks Late February-Late March

Please note more information will be provided to athletes and parents as seasons get closer, or as athletes make a team.

ATHLETES MUST HAVE PHYSICALS AND ALL UIL FORMS TURNED IN BEFORE THEY WILL BE ALLOWED TO PRACTICE BEFORE OR AFTER SCHOOL.

PRACTICES:

Expectation-BE ON TIME

It is the player's responsibility to arrange for rides and/or to be prompt between classes, so they are on time. Players should plan to arrive earlier than the announced practice time, bus departure time, or home game time in order to take care of personal business (ex. - putting on braces, securing personal items, etc.). Players who miss part of workouts due to tardiness will be assigned extra conditioning.

Athletes are not allowed to miss workouts to assist another teacher or to make up work. Athletics is a class and you are expected to be in attendance. Please take this into consideration when scheduling doctor's appointments. Athletes are expected to make up any missed workouts.

Note: If an athlete misses 2 or more days out of the 4 practice days, prior to the next game, it will be at the teams' coach's discretion if the player plays or not.

ELIGIBILITY:

Expectation- Take Care of your School Work. You are a STUDENT-ATHLETE

Athletes must pass each of their classes the first 9 weeks or they will be ineligible to participate in U.I.L sponsored sports for three weeks beginning the first day of the seventh week of school. They will then have three weeks to pass all classes to be eligible to participate the fifth week of the second nine weeks. However, players may continue to practice with the team before and after school but not participate in games. Participation includes: Sitting on the bench, riding with the team, or dressing in uniform.

Please refer to the Eligibility Calendar on the Crownover Girls' Athletic Webpage. Also, conduct grades lower than satisfactory, detentions or other behavioral problems **will not be tolerated**. If these situations occur, they will be dealt with on an individual basis.

If an athlete is in ISS on the day of competition, she will not be able to participate in that particular game.

ILLNESS/INJURY:

If an athlete must miss practice or a game due to illness or other family emergency, the parent should email or call the coaches' office at (940) 369-4729 and ask to speak with the athlete's coach. If the coach is unavailable, please leave a message or email. We appreciate knowing if a player will not be able to participate in a game beforehand to allow for adjustments.

Although every precaution is taken to make athletes safe, each player and parent must be aware that risk of injury exists. **All school athletic injuries should be reported immediately to the coaching staff, so that the athlete can be scheduled to be evaluated by the assigned Athletic Trainer.**

Failure to report immediately may result in loss of supplemental insurance coverage by the school. Horseplay is not permitted at any time.

NOTE: Athletes are expected to work out daily. However, we understand illnesses and injuries do occur. We are asking you, as parents, to please be sure your daughter is taken to a doctor if ill or injured and needs to be out more than two days. **This rule will be enforced to minimize the amount of unverified excuses.** Athletes are expected to work out during the athletic period, if she is continuing to work out in an outside sport as well.

BEHAVIOR:

All athletes are representatives of Crownover Middle School at all times. Crownover Cowboys are a step above the regular population and are expected to always set examples of Cowboy pride on and off the court/field.

The use of alcohol, smoking cigarettes of any kind or use of any illegal drug **is not permitted**. Breaking these rules is grounds for dismissal from the athletic program.

Game behavior: Cowboys are expected to represent Crownover, Denton ISD and the program in a positive light at all times.

Fighting during a game could result in suspension from that game and future games. This is determined by the head coach, coaches, administration, and possibly the UIL.

Profanity used against any party (referee, other player, or observer) is intolerable.

Technical Fouls or red/yellow cards due to poor sportsmanship are not acceptable. Athletes who receive a technical foul or red cards during any game will be immediately removed from the game. Coaches will evaluate return to play for that game. Technical fouls and red/yellow cards due to sportsmanship impacts the whole team; will have consequences.

Bus behavior: Talking must be kept at a normal level. No standing or moving about the bus is allowed, especially when the bus is in motion. The bus must be left clean. Everyone is expected to ride the bus to games. Athletes will be allowed to ride home with their parents. A sign-out sheet will be provided for parents and must be signed before taking your child (this only applies to away games).



GAME DAY:

Athletes are expected to dress-up on game days or wear team shirts with jeans (if applicable).

To promote school spirit and support among all team levels, players are expected to sit together, as a team, watching and cheering for each team competing. Family or friends are asked not to sit with the teams. The coaches feel strongly about team unity, encouragement and support among the teams. Therefore, we encourage everyone to remain in the gym until all games have been played. Thank you so much for your support!!!!

QUITTING:

Should an athlete quit during the season, they should do so by speaking with the Head Coach of the sport, in person, having their equipment clean and ready to turn in. Any person who quits will not be allowed to come back during that sport in season. If they continue to dress out and participate in off-season, they will receive a grade no higher than a 75 for the nine weeks. We expect 100% from our athletes, and not participating or dressing out will result in a ten-point deduction per incident.

Also, please keep in mind that absolutely **no jewelry is permitted** during practices or games. Wearing tape over earrings is unacceptable as well.

PARENT PICK UP:

Out of respect for our coaches and their family time, please pick up your student-athlete immediately after practice and games.

Because pick up times vary after away games, the coaches try to estimate a return time so that parents will have an idea as to when to pick up players. The student-athletes are instructed to call parents as soon as they are on the bus headed back to Crownover. Parents should be at the school at the given time. We would like to minimize the amount of after game wait time at the school for both student-athletes and coaches. If for some reason there is going to be a wait, please contact the coaches' office or coach by email/phone (940) 369-4729) immediately. Again, out of respect for our coaches and their family time, your effort and communication is appreciated.

LOCKER ROOM POLICIES:

Crownover athletes will be issued uniforms worth approximately \$100.00. Each athlete is responsible for their issued uniform. Lost or damaged beyond repair uniform will be charged to the responsible person. Please safeguard these items as your own.



LOCKER ROOM PRECAUTIONS:

The girls' athletic locker room is located across from the practice gym. Both 7th and 8th grade athletes will share the locker room. Each athlete will be issued a locker with a builtin locker combination to put her clothes in.

These locks can easily be left in the open position if the combination is not cleared. To prevent problems with theft, please be sure ALL clothes and valuables are put in your locker and the locker is locked daily.

We Expect Our Athletes To:

Memorize their combination

Keep combinations top secret.

Keep small objects, such as rings, chains and money, out of reach.

We have too many students sharing a small area to leave anything outside of the lockers.

Please keep this in mind.

Crownover Athletic Oath

Please read the information below, **parent and student initial each line**, and parent and student sign and date the Crownover Athletic Oath.

____/____ I have read and understand all policies and procedures of the Crownover Girls' Athletic Program.

____/____ I understand I am responsible for all school issued uniforms and equipment.

____/____ I understand quitting mid-season I will receive a grade of 75 for the nine weeks.

____/____ **I understand that no jewelry is allowed during practices or competitions. No piercings are allowed during the year (including off-season). NO EXCEPTIONS. It can result in a schedule change.**

____/____ **I understand that I will need to maintain a natural hair color during all seasons. Extreme colors will not be allowed during games. NO EXCEPTIONS.**

____/____ I understand I have to pass all academic classes to participate in games.

____/____ I understand I need to be present and on time for all games and practices.

____/____ I understand that if I am injured or physically unable to participate in practices or games for an extended period of time my schedule may be changed at the coaches' discretion.

____/____ I understand there is a zero-tolerance for violating the policy for cell phones, iPods, and/or mp3 players. If I am caught with a cell phone or other prohibited devices, it can be confiscated and turned into the office, where an administrative fee will be required before being returned to a parent (please see Crownover Student Handbook for cell phone policy)

____/____ **I clearly understand that I am COMMITTED to the contents of this Oath.**

Student-Athlete Signature: _____ Date: _____

Parent Signature _____ Date: _____

*******PRINT THIS PAGE ONLY AND RETURN TO THE COACHING STAFF*******