

BOWMAN RAIDERS ATHLETICS

Coaches:

Carlos Barron:	Athletic Coordinator
Daniel Solis	Football, Track
Blake Bostwick	Football, Basketball
Barrett Wooten:	Football, Basketball
Greg McGrath:	Football, Track, Cross Country

The Bowman Coaching Staff would like to welcome you to Bowman Middle School Athletics. Here at Bowman our goals are to teach good sportsmanship, build character, and instill positive self-esteem and discipline in all of our young athletes. Athletics is NOTHING like regular PE class. In athletics the practices are intense, focused, and designed to challenge each athlete and make them better. Athletics is for those individuals who are hard-working, have self-discipline, and want to improve themselves as an athlete. We do a great deal of training in athletics so if you like to train and challenge yourself, then athletics is for you!

Sports Offered/Seasons: Football (Fall Semester), Basketball (Fall/Spring Semester), Track/Cross Country (Spring Semester)

7th Grade: Boys interested in participating in football, should sign up for athletics fall and spring semester. Boys interested in basketball should sign up for PE and then tryout for basketball in November. Boys interested in participating in track only are not required to be in athletics.

8th Grade: Boys who were on the football team as a 7th grader should sign up for athletics fall and spring semester. Boys interested in basketball should sign up for PE and then tryout for basketball in November. Boys interested in participating in track only are not required to be in athletics.

Physicals & Forms:

1. PHYSICALS:

Every athlete is required by UIL to have a physical completed by a physician before participating in athletics. **The athlete WILL NOT be allowed to participate without a physical on file in the athletic department.** 7th graders with a physical on file are covered for their 8th grade athletic year. The earliest a physical can be completed for the 2016-17 school year is May 1st, 2016. Physical Forms can be downloaded from <http://k12.pisd.edu/bowman-middle-school> (Under "Quick Links", select "Athletics", Select "Physical Form") or <https://planoisd.rankonesport.com>

2. ONLINE FORMS: ATHLETES MUST FILL OUT ONLINE FORMS @ <https://planoisd.rankonesport.com>

Athletic Clothing:

Athletes are required to wear **black shorts and black t-shirt** every day in practice. Bowman Athletic apparel can be purchased through Bowman PTA, but plain black shorts and shirts are acceptable. It is best that multiple sets are purchased. The Bowman Athletic Department will supply athletes with game jersey. This equipment is checked out to athletes on game day and the athlete must return the jersey after each game. It is the responsibility of the athlete to pay for and replace any item issued that is not returned at the end of each season. *The website for athletic gear is open for purchases from June to August. Orders can be picked up during the athletic period on the 1st day of school (depending upon date the order was made)*

Athletic Tryouts/Info: **Football** – there are **no try-outs, all athletes are required to play football.** The football players will be divided into A and B teams.

Basketball tryouts will begin in November. The basketball teams consist of 20-22 boys that make up two teams (A, B).

Track season will begin in late February. **Cross Country** will begin in late April.

If an athlete is not participating in the sport that is in season, the athlete will stay in athletics and participate in the offseason program which consists of weight lifting, conditioning, and agility training.

7th and 8th grade athletics take place during 8th period (2:30-3:30). If an athlete is participating in an in-season sport the practices usually end: football (5:00-5:30), basketball (4:30-5:00). If an athlete is in the off-season program they will end practice at 3:30pm.

Contact the Coordinator: Coach Barron e-mail: Carlos.Barron@pisd.edu

ITEMS NEEDED FOR BOYS ATHLETICS

SHOWER SUPPLIES: (7th and 8th grade athletes are encouraged to shower after practices if needed.)

- * Towel
- * Soap
- * Shower shoes
- * Deodorant

(NO GLASS ITEMS IN THE LOCKER ROOM, NO SPRAY PERFUMES, and NO AEROSOL CANS...scented lotions are allowed)

FOOTBALL:

- * Bowman apparel (black shorts and shirt). **BOWMAN PTA**
- * Football cleats and running shoes
- * Compression/Slider shorts
- * Mouthpiece
- * Socks

(Athletic Dept. will supply all football pads, helmets, pants, jerseys, and locker)

BASKETBALL:

- * Bowman apparel (black shorts and shirt).
- * Basketball shoes or running shoes
- * Socks

TRACK, CROSS COUNTRY & OFF-SEASON:

- * Bowman apparel (black shorts and shirt).
- * Running shoes
- * Socks

No jewelry (earrings, rings, watches, bracelets, piercings, etc) will be allowed during practices and games. Taping over new piercings is not allowed for practice or games. **NO JEWELRY DURING PRACTICE OR GAMES.**

All school rules will be enforced in the Bowman Athletic Department.

If the athlete has asthma and requires an inhaler they must have a release form from the school nurse for the athlete to keep the inhaler during the athletic period.

PUT YOUR NAME ON EVERYTHING THAT BELONGS TO YOU AND KEEP ALL ITEMS LOCKED IN YOUR ATHLETIC LOCKER WHEN NOT IN USE! AGAIN, LABEL ALL PERSONAL ITEMS!

THE ATHLETIC DEPARTMENT IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN PROPERTY.

Remind 101:

Remind 101 is a one-way text messaging and email system. With Remind 101, all personal information remains completely confidential. Teachers will never see your phone number, nor will you ever see theirs. The athletic staff will use Remind 101 as a way to communicate with the parent and athlete.

Football: Information that applies to football - Text @ **bowmanf** to 469-518-6433

Volleyball/Basketball: Information regarding the VB/BB season - TBA

* *To Unsubscribe, reply with "unsubscribe"*