

# LADY RAIDERS ATHLETICS

<b><u>Coaches:</u></b>	Carlos Barron	Athletic Director
	Lora Nunley	Female Coordinator, Basketball, Track
	Brittany Scott	Volleyball, Basketball
	Jessica Osborn	Volleyball, Track

The Bowman Girls Coaching Staff would like to welcome you to Bowman Middle School Girls Athletics. Here at Bowman our goals are to teach 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:** Volleyball (Fall Semester), Basketball (Fall/Spring Semester), Track/Cross Country (Spring Semester)

**7th Grade:** Girls interested in participating in volleyball should sign up for girls athletics fall and spring semester. Girls interested in basketball should sign up for PE and then tryout for basketball in November. Those that are chosen for a team will have their schedule changed out of PE and into athletics. Girls interested in participating in track only are not required to be in athletics.

**8th Grade:** Girls who were on the volleyball or basketball team as a 7th grader should sign up for girls athletics fall and spring. Girls 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 8<sup>th</sup> 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 1<sup>st</sup> day of school (depending upon date the order was made)*

**Athletic Tryouts/Info:** **Volleyball tryouts begin the second day of school and last for 2-3 days.** If an athlete is not participating in the Volleyball, the athlete will stay in athletics and participate in the offseason program which consists of weight lifting, conditioning, and agility training.

**Basketball** tryouts will begin in November.

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

The volleyball and basketball teams consist of 20 girls that make up two teams (A, B).

**7<sup>th</sup> and 8<sup>th</sup> grade athletics** take place during first period (8:30-9:20). If an athlete is participating in an in-season sport the practices usually begin at 7:15am and continue through the athletic period. If an athlete is in the off-season program they will begin practice at 8:30am and continue through the athletic period.

## **Contact the Coordinator:**

Coach Nunley e-mail: [Lora.Nunley@pisd.edu](mailto:Lora.Nunley@pisd.edu)

Coach Barron e-mail: [Carlos.Barron@pisd.edu](mailto:Carlos.Barron@pisd.edu)

## ITEMS NEEDED FOR GIRLS ATHLETICS

**SHOWER SUPPLIES:** (7<sup>th</sup> and 8<sup>th</sup> grade athletes are encouraged to shower after practices before going to 2<sup>nd</sup> period for hygiene purposes. Athletes will have approximately 20 minutes to change and get ready for their second period class. Tardies to second period **WILL NOT** be tolerated.)

\* Towel

\* Soap, Deodorant

\* Shower shoes

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

### **VOLLEYBALL:**

\* Bowman apparel (black shorts, shirt) **BOWMAN PTA**

\* Volleyball shoes or running shoes

\* **Sports bra, Socks**

\* Sliders

\* Knee pads

\* Hair bands

### **BASKETBALL:**

\* Bowman apparel (black shorts, shirt)

\* Basketball shoes or running shoes

\* **Sports bra, Socks**

\* Hair bands

### **TRACK, CROSS COUNTRY & OFF-SEASON:**

\* Bowman apparel (black shorts, shirt)

\* Running shoes

\* **Sports bra, Socks**

\* Hair bands

\* Sweats (Top and Bottom)

No jewelry (earrings, rings, watches, bracelets, piercings, etc) will be allowed during practices and games. **If an athlete gets their ears pierced just before the school year starts or during the school year they will still be required to take the jewelry out during practices and games.** Taping over new piercings is not allowed for practice or games. **NO JEWELRY DURING PRACTICE OR GAMES.**

Hair must be pulled back with a hair band at all times while practicing and participating in a game.

All school rules will be enforced by 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"