

**Commerce Middle School
Lady Tiger Athletics**

Welcome to middle school athletics! We are super excited to get the year started and to get to know your daughter(s) throughout the year.

Commerce ISD has issued the following statement “In order for your daughter to participate in UIL events and/or extra-curricular activities, your daughter has to follow the Hybrid model. If your daughter is strictly online, she cannot participate in any UIL event or extra curricular activities.”

We will continue to have practice EVERY morning at 6:45 a.m. throughout the year. If your daughter is playing Volleyball, she will be here every morning, ready to practice at 6:45. If your daughter is in Athletics and NOT playing volleyball, she will still need to come to Athletics every morning, ready to start at 7:30 a.m.

Parents will have to provide transportation to and from practice. If it is not your daughter’s assigned day to be at school, she will need to be picked up at the end of practice.

Contacts:

CMS: (903)-886-3795 ext. 726

Julie Brown: 8th(Basketball)/8th (Volleyball)Grade Coach- julie.brown@commerceisd.org

Kayla Collum:7th(Volleyball/Track)/7th(Basketball/Track) Coach- kayla.collum@commerceisd.org

Tony Henry: Head Basketball Coach- tony.henry@commerceisd.org

Shelley Jones: Head Volleyball/Track Coach- shelley.jones@commerceisd.org

Amanda Herron: Athletic Trainer- amanda.herron@commerceisd.org

Jeff Davidson: Athletic Director- jeff.davidson@commerceisd.org

Coach Brown will set up a Remind for 7th and 8th Grade Girls Athletics. All information and Updated information will be found on Remind for students and parents will be on Remind.

-Parents and Students send text to **81010**, text **@dgbf77**

We will not tolerate disrespect/attitude/talking back to one another or coaches.

We firmly believe your attitude is the one thing you can for sure control every single day.

You are a student-athlete. Student first, athlete second.

General information:

- We will issue work out tops and bottoms the first day of school. The price for the work out clothes is \$20. If your daughter needs more than one top or bottom you are more than welcome to buy what you need. If you are needing an extra top or bottom later on in the

year they can be purchased for \$10 each. If you are writing a check please write it out to CISD Athletics.

- Athletes are not allowed to wear their athletic clothes throughout the regular school day.
- Being part of Lady Tiger athletics every lady is required to participate in two sports. The options for sports are: Cross Country, Volleyball, Basketball, and Track.
- We will also issue a locker with a lock. We strongly encourage that your daughter keeps ALL her belongings locked at all times. We will also do periodic locker checks to insure that every athlete is using their lockers/locks properly.
- Sweat pants/tops will be issued in the winter. The athletes do not have to purchase these as long as they do not lose or destroy them. In the case of that happening they will be \$20 a piece if not turned back in the condition that we handed them out in. The athletes are responsible for keeping up with them and bringing them every day of practice after they've been issued.
- Parent calls/texts/notes will be appreciated but we may not accept them in place of a Doctor's note. Athletes that give a parent note will still be required to participate. If you are running behind or will not be there for practice or a game we will need prior notice.
- If you have a note from the Doctor we are required to follow what the doctor's note says. Please make sure that you bring the note and the list of restrictions so we know what your daughter can or cannot do during practice/game. And please make sure it has the date that she may be released to practice/play as we are not allowed to let her practice/play until that written day.
- Your daughter may not miss athletics to do make up work. It is very important to be there for practice so please make other arrangements if your daughter needs to do makeup work or finish a test. (Like during lunch or after school.)
- Your daughter is only allowed to leave after games if she is signed out by her legal guardian and no one else.

We, as coaches, work hard every day to make sure that your daughter not only develops as an athlete but becomes a hard working, responsible leader in society. And by doing that we have some ground rules that we have set to ensure that your daughter can become those things. If you have any questions, concerns, or comments please feel free to email us. (Julie Brown/Kayla Collum)

We will open the doors to the gym no earlier than 6:30 am every day. There will be no coach at the gym until 6:30 am so please **DO NOT** drop off earlier than 6:30 am. That is strictly for the safety of your child as no one will be there to watch her. Practice starts **promptly** at 6:45. That means things are put away in the locker room (locked up) and shoes are tied ready to go in our agility lines by 6:45. If your daughter is in off-season she

is required to be ready to start practice by 7:30. Your daughter will be given ample time to go eat breakfast in the cafe before second period starts.

- **If you are late to practice, you will have 3 down and back towel pushes at the end of practice**
- **We will add 3 more each time after you are late to practice.**
- **If you miss practice completely and do not give the coaches a prior written notice it will result in 5 towel pushes.**
- **If the practice that is missed is the day before or day of a game and we had no prior written notice it will result in not being able to participate in the next game.**
- **If you do not have your work out top or bottom it will result in 100 mountain climbers after practice.**
- **If you get in trouble in any class (athletics included) you have a “Sweet 16”. And will not play in the upcoming game.**
- **If you get in trouble 3 times in any class we are subject to either change a schedule or you will be moved to off-season.**
- **If you get ISS or suspended for any reason it results in automatic no game for that week (including tournaments) and 10 towel pushes per day missed.**

Game Day Schedule

This schedule is subject to change for any game/track day but this is just a general overview of a typical game day.

During Volleyball/Basketball seasons the games will start at 4:30 pm the order of games will always be 7B, 8B, 7A, ending with 8A. We will let your daughter know a few days before the game which team she will be playing on, or if she'll be on the rotating team. If it is a home game 7B girls are not allowed to leave the gym after school since their game is first and right after school. We hand out jerseys the day of the game (unless a tournament) and we require the athletes to turn the jerseys in before they leave after their game. Your daughter is only allowed to leave after games if she is signed out by her legal guardian and no one else. When we arrive at the court/gym/track our athletes are required to sit together in one section of the bleachers. At a home game they are to sit in the section between the bleachers. We require the girls to clean up everything from the section they were sitting in before we leave after the game. We typically leave anywhere from 2:30-3:00 pm for our away games. We ask that if you are bringing your daughter food or money for a concession stand that you bring the money/food from 2:00-2:15 no later. We always update the girls each week before game day to make sure they know

what team they are playing on that week, where we are going, what time we are leaving, and when we will hand out jerseys.

“Accept responsibility for your actions. Be accountable for your results. Take ownership of your mistakes.”

My child and I have read and understand the Commerce Middle School Lady Tiger Athletic guidelines. If we have any questions or concerns we will contact the Middle School Coaches. (Julie Brown/Kayla Collum)

Print Student Name: _____

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Please sign and return this page by August 21, 2020