



Lady Pirates

A Winning Tradition



Expectations for Athletes

- BE PREPARED, everyday
- WORK HARD, everyday
- HAVE A GOOD ATTITUDE, everyday
- BE RESPECTFUL, to everyone

Workout Clothes

- All athletes are issued workout clothes (Grays)
- You are expected to wear these clothes on M, W, F (every week)
- It is your responsibility to keep up with these clothes, if you lose them we will issue you another set. You will be responsible for paying for each lost set.
- If you lose your clothes, check with one of the coaches to see if they are in the lost and found. If they are not, you will be responsible for checking out another set.
- On T/Th you are permitted to wear a spirit shirt, or a black, gold, or white plain t-shirt with black shorts of appropriate length
- Spandex should be worn under your shorts, for all of the obvious reasons
- Volleyball players may wear spandex during practice, however, they are not to be worn alone anywhere besides the gym (modesty is a must and is important!)
- Uniforms are washed at school, workout clothes are washed at home
- Make sure to have a good pair of workout shoes (Vans, Converse, TOMS, are not ok)
- If you have questions, ASK!

FORMS & OTHER INFO

- UIL Rules **require** all athletes to have a physical. If you do not have a physical, you will not be able to participate in athletics.
- All participants in athletics must return the athletic paperwork to school by **Friday, August 25th**
- You must pass your classes with a 70 or above to participate on athletic teams
- Athletes are expected to dress out everyday, even if they are injured or ill. An appropriate alternative activity will be assigned. In case of injury, please send in a doctor's note stating date of release to participate.
- If you have to miss practice (those participating in season) please email or call. Please try to schedule appointments outside of practice times.

Phones and Social Media

- Phones are NEVER to be out or used in the dressing room. If you are caught with a phone out in the dressing room, it will be taken up and sent to the office
- If an athlete needs to use their phone during class, they should notify a coach
- REMEMBER that you are a LADY PIRATE first! Use care with posts made on social media.
- School rules apply in all situations
- Phone CAN be used on bus trips but NO pictures!!!



Practice

- Practice times will be given to each team by each coach
- Arrive 15 minutes before practice so you are prepared for practice when it begins
- Always bring your equipment (knee pads, shoes, socks, etc.)
- Have your hair up!
- Parents, please be respectful of your coach's time- make sure your athletes have a ride when practice is over

Games

- We will ride a bus to and from games
- If your athlete will not be riding the bus home they must have a travel release form signed and turned in (before the game)
- Stay with the team at all times
- Be a good teammate, have a good attitude, and cheer on your team
- Everyone will play, but amount of playing time is determined by your coach
- Please set up a meeting with the coach (at school or by phone, not before or after a game) if you have questions regarding

Locker Room and Lockers

- You are responsible for bringing a combination lock and giving us the combination (yes, some athletes forget their combination and we will need to look it up)
- Keep your valuables locked up even during practice
- Locker rooms are locked during practice, class, and when coaches are not present (do not come to the locker room during the day, even during lunch!)
- The locker room should remain clean at all times or there will be consequences
- Do not leave flat irons or curling irons plugged in or sitting out
- Do not sit on sinks or counters
- Get dressed and get to the gym quickly- no sitting around in locker room
- Using the locker room is a privilege, do not abuse it!
- Please, no FOOD OR DRINK in the locker room

Athletic Teams

There are 5 sports teams available for athletes to try out for:

Volleyball- Main Contact- Coach Bunch

- Try-outs begin the first day of school.

Basketball- Main Contact- Coach D. Blount

- Try-outs begin immediately after volleyball season is over

Cross Country-Elseba Tanksley

- Try-outs and practice begin the second day of school

Tennis-Christi Pipkin

- Try-outs in the Spring

Track- Main Contact- Coach W. Blount

- Try-outs begin immediately after basketball season

Off-Season

Athletes who are not participating in the “in-season” sport will be in off-season. We will work out daily.

- Work-outs will vary and include conditioning, agility training, plyometrics, core workouts, strength training, and much more.
- Off-season athletes are expected to work just as hard as in-season athletes.
- Goofing off or lack of participation will not be tolerated and subject for dismissal from athletics.
- Off-season athletes are expected to pass their classes and be good citizens in the classroom.