

# *Lady Gator Volleyball/Basketball Parent Quick Notes*

## 1. Practice Information

- ✗ **7<sup>th</sup> graders** will practice in the morning before school. Doors open at 5:30 AM. Practice starts at 5:45 AM. See VB calendar for more details.
  - Please ensure that your daughter arrives to practice before practice begins. Try to make arrangements beforehand if you are unable to take her to practice.
- ✗ **8<sup>th</sup> graders** will practice after school until 5:00 PM. See VB calendar for more details.
  - Please ensure that your daughter will have a ride to pick her up after practice. Make arrangements in advance if you will not be able to pick up your daughter on certain days. Please call and leave a message on your daughter's cell phone or call her coach if you are running late.
- ✗ It is important for your daughter to be present at all of our scheduled practices. If for whatever reason she is unable to attend practice she will need to make it up before she will be allowed to participate in the next scheduled game.
- ✗ Please provide your daughter's coach with a written excuse explaining why she was absent from practice.

## 2. Game Information

- ✗ Athletes will remain at school after school on game days.
- ✗ Athletes are encouraged to bring to school a **HEALTHY** snack to eat after school before the game. We will have Jason's Deli as an option for game days that you, the parent, are responsible for ordering and paying for online.
  - Parents please do not bring food.
  - Foods to avoid: hamburgers, fries, anything greasy, candy, unhealthy chips, energy drinks, & sodas.
  - Examples of healthy snacks: sandwich, crackers, fruit, water, and sports drink.
- ✗ Games are played on Thursdays. Please refer to schedule for more information.
- ✗ Both A & B teams will play on game days. The B Team will play at 5:00 PM followed by the A Team at 6:00 PM. **Athletes must stay for both games.**
- ✗ Coaches will hold the athletes phones during an away game. Athletes will receive their phones back as soon as we load the bus after the game. **They will be asked to call home at that time to inform you we are on our way back to the school.**
- ✗ **All athletes must ride the bus to and from an away game/tournament.** Athletes will not be allowed to leave with parents after an away game/tournament. This is a district policy.
- ✗ Pick up times: home games: 7:45 PM / away games: 8:15 PM. **Be aware that times may vary weekly.**

## 3. Tournament Information

- ✗ There will be a district tournament. All 4 teams will play. Game times TBA.
- ✗ Other tournament information will be given out during the season. More info to come later.

## 4. Uniform Information

- ✗ Athletes will be responsible for washing their practice clothes. Please wash practice clothes with like colors and dry in low setting or hang to dry.
- ✗ Coaches will be responsible for washing game uniforms. Athletes will be asked to change after home and away games and turn in their uniform to their coach by placing in appropriate laundry bag/basket.
- ✗ All athletes will need to return practice and game uniforms in the condition they were issued to them. Failure to do so will result in paying a replacement fee.

## 5. Injuries

- ✗ Go to the High School Trainers first. Our trainers are very knowledgeable. The trainers will refer you to a Dr. if needed.
- ✗ The training room is available to MJHS athletes by appointment, opens in the morning at 6:45 AM.
- ✗ If an athlete sees a medical professional for an injury (includes a visit to the ER), a release to participate is required.
- ✗ Doctor's notes should be given to the coach promptly.

## 6. Eligibility

- ✗ Athletes must pass all of their classes to be eligible to play.
- ✗ If athlete becomes ineligible she will not be able to play in a game until she regains eligibility at the next grade check. She will still need to attend all practices and home games.

## 6. Code of Conduct

- ✗ We strive for excellence in our in our athletic program at MJHS. Excellent performance, behavior, and attitude in the classroom and around the school building.
- ✗ Athletes must follow all school rules
- ✗ Misbehavior/Fighting will not be tolerated - violations will result in disciplinary action
- ✗ Athletes must respect all school staff

## 7. Chain of Command

- ✗ If a problem or concern ever arises please contact your daughter's coach first. If you feel the concern has not been settled then contact our Girls Athletic Coordinator, Erin Cole.

## 8. Coaches

- ✗ 8A V/B: Coach E. Cole, 281-229-7211, [ecole@dickinsonisd.org](mailto:ecole@dickinsonisd.org)
- ✗ 8B V/B/T: Coach T. Guidry, 281-229-7139, [tguidry3@dickinsonisd.org](mailto:tguidry3@dickinsonisd.org)
- ✗ 7A V/T: Coach K. Hawkins, 281-229-7112, [khawkins@dickinsonisd.org](mailto:khawkins@dickinsonisd.org)
- ✗ 7A B: Coach T. Morgan, 281-229-7142, [tmorgan@dickinsonisd.org](mailto:tmorgan@dickinsonisd.org)
- ✗ 7B V/B/T: Coach C. Sowell, 281-229-7292, [csowell@dickinsonisd.org](mailto:csowell@dickinsonisd.org)

# *Helpful Tips for Athletic Parents*

1. Be positive with your daughter. Let them know they are accomplishing something by simply being part of the team.
2. Please do not offer excuses or place blame if she is not playing. Be supportive and encourage them to continue working hard, striving to earn a spot.
3. Please do not criticize the coaches continually. Coaches, like parents, represent authority. If you are constantly bad mouthing your daughter's authority figure, she will learn not to respect authority.
4. Encourage your daughter to live an athletic life off the court. An athlete must have proper rest and eat healthy to be effective both mentally and physically. Know what your athlete is doing at all times. Be accountable for your child.
5. Insist on good grades. If an athlete is not passing during grade checks, they cannot play. We want an athlete to be a successful person that we can depend on, not just a successful athlete.
6. Please do not live your life through your child. Athletics are for the students - let them play. Don't show animosity or jealousy toward any of your child's teammates. This type of envy will rub off on your child and may have adverse effects on them as well as the team. Remember, it is amazing what can be accomplished when no one cares who gets the credit or who gets the blame.
7. Please allow the coaches to coach. They work with the athletes daily and know the individual abilities of each participant. They are professionals who have been trained to coach.
8. Insist on your daughter's respect for the team rules, school rules, game officials and sportsmanship. Self-respect begins with self-control.
9. Encourage your daughter to improve herself image by believing in herself. Please do not compare and contrast your daughter with a former family member who played previously. Every player is different.
10. Encourage your daughter to play for the love of the game, not for an accomplishment. Insist on unselfishness. Love your child for who she is, not for what she does.