



Brookside Athletics



JUNE/JULY 2026 PARENT/ATHLETE INFORMATION

Agenda



- Stack Team App
- Final Forms / Physical
- 4 Pillars of Brookside Athletics
 - Man in the Arena Club
- Summer Weekly Calendars

Stack Team App



Stack Team App is used by all BHS & BMS teams to communicate important information to student-athletes parents.

Practice schedules, Announcements, Chat for back-and-forth communication

Request access to any and all teams you are interested in participating in 2026-27 school year.

Directions on how to download and use can be found at www.BrooksideCardinals.com → Resources → Forms

Final Forms / Physicals



All parent Final Forms documents are **required** to be complete **by July 31st**.

*** Make sure you select any sports you are interested in to activate sports-specific forms.*

Each student-athlete is **required** to have a valid physical **by July 31st**.

*** Pay attention to your expiration date - make sure a new one is done by then.*

*** Form can be printed from Final Forms with all background information filled in.*

**** Held out of practice/competition/workouts until complete...
tryouts will not be extended ****

Scan & Upload Physicals



In order to prevent delays in physicals being turned in, please scan or take a picture of **pages 4 & 5 only** of your completed physical form and upload directly to Final Forms.

Physicals on Final Forms



My Students

Manage your students within the system.

Instructions

Incomplete Forms
(Click to complete them)

Physical expires on 7/13/26 (in 55 days)

+ Add Sports/Activities

Update Forms

+ PPE Medical

1

Profile

Edit



+ PPE Medical = Print customized physical form to take to appointment

FOLDER = Click folder icon to upload physical form pages 4 & 5



CULTURE

“The shared attitudes, values, and practices that characterize a specific group, organization, or institution.” *Oxford Dictionary*



LEADERSHIP

REPRESENT BROOKSIDE WITH PRIDE AND PROFESSIONALISM

I make choices that reflect positively on myself and my program.

UNDERSTAND THAT EVERY ROLE ON THE TEAM IS IMPORTANT

I help create a culture where everyone feels valued and included.

LEAD BY EXAMPLE

I give my best effort every day in practice, competition, and the classroom.

LEADERSHIP IS A RESPONSIBILITY, NOT A PRIVILEGE

I communicate honestly, respectfully, and constructively.



PRIDE

WEAR THE JERSEY WITH HONOR

I take pride in wearing Brookside's colors and representing something bigger than myself.

TAKE OWNERSHIP

I take pride in doing things the right way, even when no one is watching.

PRIDE IN MY PREPARATION AND WORK ETHIC

I consistently give my best effort, and maintain habits that reflect the standards of our program.

CONTRIBUTE POSITIVELY TO THE CULTURE OF BROOKSIDE

I work to make my school and community proud of our program.



COMPETITION

SUCCESS IS BUILT THROUGH CONSISTENT DAILY EFFORT

I will give my best effort in every practice, workout, and competition.

EMBRACE CHALLENGES AS OPPORTUNITIES TO GROW

I will focus on controlling my effort, attitude, and response to adversity.

FOCUS ON IMPROVEMENT

I understand that healthy competition makes the entire team stronger.

READY TO COMPETE EVERY DAY

I take ownership of my development as an athlete and teammate.



COMMITMENT

ELIMINATE EXCUSES

I will eliminate phrases like "can't" and "not my fault" from my vocabulary.

ATTEND 100% OF PRACTICES, WORKOUTS, AND COMPETITIONS

I will commit to supporting my team even if I am unable to participate.

UNDERSTAND AND ACCEPT YOUR ROLE

I am committed to being a good teammate and providing the support needed by my team.

OFFSEASON IMPROVEMENT IS A PRIORITY

I will commit to individual improvement opportunities even when not required.



MAN IN THE ARENA

Theodore Roosevelt - April 23, 1910

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.



Based on meeting (and exceeding) the expectations of our 4 pillars of **Leadership**, **Pride**, **Competition**, & **Commitment** on a consistent basis throughout the year (June-May).

All BHS & BMS student-athletes are eligible!

More details to follow in the next update!

Summer Weekly Calendars



[Summer Weekly Calendars Folder](#)

All BHS/BMS teams' activities all in one place for the months of June & July!

Expectation is that you attend as many practices/workouts for each of your teams as possible.

June & July is where athletes see the most growth versus their "average" competitors!

Weight Room / Strength Coach



Ron Bare

**Strength Coach & Weight Room Coordinator
(brooksidestrength@gmail.com)**

All teams have scheduled workout times throughout the Summer and each season during the 2026-27 school year.

Strength training workouts are part of each team's in-season and off-season calendars.

Please don't be intimidated...it's not about embarrassing anyone! It's about improving strength, flexibility, injury prevention, and team building!

Final Summary



Make sure you download and sign up for all potential teams on the Stack Team App. Make sure you are getting notifications to stay up-to-date.

Make sure your Final Forms are complete and a valid physical is either on file or turned in by July 31st.

Make sure you attend as many Summer practices, workouts, etc. as possible.

Looking Ahead to August



August 1st = start of Fall **mandatory** practices/workouts

Inability to attend practices/workouts starting on August 1st could result in loss of playing time and/or roster spot/positioning!

Communicate, communicate, communicate!!!

Become familiar with the Athletic Handbook (linked through Final Forms).

Another update to come in mid-July as we prepare for August 1st!

Any Questions?



Please feel free to contact myself or any of our coaches on the directory list with any questions...

HAVE A WONDERFUL SUMMER!