

✦ **SEVEN LAKES** ✦  
**GIRLS ATHLETICS**



**SUMMER 2024 SPORT  
INFORMATION**



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**SEVENLAKESABC.COM**



# physical info

<https://www.katyisd.org/Page/4258>

2024-2025

## ECG and Physical Schedule

Date	Facility	Location	Physical Time	ECG Time
Tuesday, April 30, 2024	MCHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Wednesday May 1, 2024	SLHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Thursday, May 2, 2024	PHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Monday, May 6, 2024	MRHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Tuesday, May 7, 2024	BDJH	Competition Gym	5:30pm-6:15pm	
Wednesday, May 8, 2024	WCJH	Competition Gym	5:30pm-6:15pm	
Tuesday, May 14, 2024	OTHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Wednesday, May 15, 2024	THS	Gym 4	5:30pm-6:15pm	3pm - 5:30pm
Thursday, May 16, 2024	KHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Tuesday, May 21, 2024	JHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Wednesday, May 22, 2024	CRHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Tuesday, July 23, 2024	OTHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Wednesday, July 24, 2024	JHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Thursday, July 25, 2024	KHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Monday, July 29, 2024	THS	Gym 4	5:30pm-6:15pm	3pm - 5:30pm
Tuesday, July 30, 2024	MCHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Wednesday, July 31, 2024	PHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Monday, August 5, 2024	CRHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Wednesday, August 7, 2024	MRHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Thursday, August 8, 2024	SLHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Monday, August 12, 2024	FHS	Competition Gym	5:30pm-6:15pm	3pm - 5:30pm
Thursday, August 15, 2024	Legacy	Community Room	5:30pm-6:15pm	3pm - 5:30pm
Friday, August 16, 2024	Legacy	Community Room	5:30pm-6:15pm	3pm - 5:30pm



# SAC registration



**BIT.LY/4BADSVB**





May 3, 2024

The Seven Lakes Volleyball staff is excited to kick off another successful season! If you haven't filled out the online form letting us know you plan to tryout, please do so.



Tryout Form

**TRYOUTS**

Prior to tryouts you must have the following completed:

- 1. Upload a utility bill (dated after May 1, 2024) – to establish residency per UIL rule
- 2. Upload athlete's physical (dated after May 1, 2024)
- 3. Parent must complete all RankOne 2024 online paperwork



RankOne

<b>Day 1: Monday, Aug 5</b>	<b>Day 2: Tuesday, August 6</b>
6:00 – 8:30 am	6:00 – 8:30 am

Approximately 24 freshmen trying out will make a team. There will be an A and B Freshmen team.

Freshmen can also make JV/Varsity. Players will be told if they made a team on Tuesday starting at 8:00am. **A complete list of practices leading up to the 1st day of school is posted on the Seven Lakes ABC website.** As you can see, we begin our season well before school begins and it is important that you are willing to give a 100% commitment once August 5th rolls around. Therefore, please plan all vacations and other commitments before that date.



SLHS ABC website

**FUTURE SPARTAN VOLLEYBALL CAMP**

The SLHS volleyball staff will be hosting a volleyball camp for incoming 9th graders July 29 – 31, 4 – 6pm. This is a great way to learn the fundamentals from our staff and brush up on your skills before tryouts.



Camp

**PHYSICALS**

You must have a physical dated after May 1, 2024 to attend Future Spartan Volleyball Camp and tryout. Use this QR code to access the required physical form.



Physical

**SLHS STRENGTH AND CONDITIONING CAMP (SAC)**

It is imperative that you come to tryouts in good physical condition and in shape to play. We highly encourage you to sign up for SAC camp. Most volleyball players sign up for the 8 – 10 am session; however, you can sign up for whatever session works best for your schedule. We care more about you attending, than we do which session.



SAC

**OPEN GYMS/SKILLS SESSIONS**

There will be Open Gyms and Skills Sessions offered. Attendance at Open Gym/Skills Sessions is not mandatory and has no bearing on if you make a team or not, but we encourage you to come when you can. See the attached Summer Schedule for dates/times and details. Sign -up for Skills Sessions will be sent via SportYou so **it is imperative that all players planning to tryout are in our Summer SportsYou.**



SportsYou

**Access code: FBUZX4MQ**

We look forward to working with each of you soon. If you have any questions, please email me. Have a wonderful rest of the school year and keep playing volleyball!

Go Spartans!

Amy Cataline | Seven Lakes HS Head Volleyball Coach | Email: [amyccataline@katyisd.org](mailto:amyccataline@katyisd.org)



@7Lakesvbnews

# Cross Country



# SEVEN LAKES CROSS-COUNTRY



CROSS-COUNTRY -  
EVERYTHING ELSE IS  
JUST A GAME!

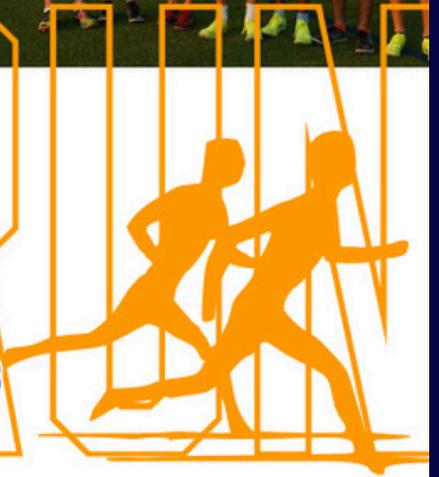
**MAY 13TH**

XC Information Meeting  
Seven Lakes HS  
Competition Gym 6:00pm

SCAN  
JOIN  
7LXC



**Season Starts  
July 29th!**





# SEVEN LAKES SPARTAN TENNIS

District Champions 2006, 2007, 2015, 2016, 2017, 2019, 2022, 2023

Regional Finalist 2006, 2007, 2012, 2013, 2014, 2019

Regional Champions 2016

STATE Semifinalist 2016

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## Important Information and dates:

\*All athletes must have a physical turned in to the trainer at SLHS before July 29th and must email Coach Bramlett confirming participation in tryouts with UTR included.

Other important information will be listed at [www.Sevenlakesabc.com](http://www.Sevenlakesabc.com)

Tryouts: July 30th-August 1st. All players must attend tryouts. Day 3 will be invite only, first two days are open to all.



We will have a Varsity, JV and Freshman Team. You will be placed on a team after tryouts. If you cannot participate in tryouts, please contact Coach Bramlett.

We play 2 seasons. In the Fall, we play team tennis. The season starts in August and ends in October. In the Spring, we play individual tournaments. The Spring season begins in January and ends in May.

Head Coach: James Bramlett

Email: [jameseb Bramlett@katyisd.org](mailto:jameseb Bramlett@katyisd.org)

Assistant Coach: Karl Burford

Email: [karlwburford@katyisd.org](mailto:karlwburford@katyisd.org)

Website: [www.sevenlakesabc.com](http://www.sevenlakesabc.com)

Twitter: @sltenniscoach

# SEVEN LAKES

## THE ROAD OF CHAMPIONS

# GOLF

GIRLS

**DISTRICT CHAMPIONS**

'10, '13, '16, '17

**REGIONAL CHAMPIONS**

'18, '19, '21, '22, '23

2010, 2018, 2019, 2021

**STATE FINALISTS**

'08, '10, '12, '14, '16, '17  
'18, '19, '21, '22, '23

**2023 STATE  
CHAMPION**

MAELYNN KIM



BOYS

**DISTRICT CHAMPIONS**

'07, '08, '14, '15  
'18, '19, '21, '23

**REGIONAL CHAMPIONS**

2008, 2014, 2015

**STATE FINALISTS**

'07, '08, '09, '13, '14, '15, '23

ARE YOU  
NEXT?

# Swim & Dive

**August 5-9, 2024**

**Tryouts will consist of the following:**

**Monday - 200 IM and 100 Fly**

**Tuesday - 200 Free and 100 Breast**

**Wednesday - 100 Free and 100 Back**

**Thursday and Friday - 50 Free and Make Up Swims**



# wrestling



**further contact info and dates  
provided on website**



SEVEN LAKES HIGH SCHOOL GIRLS BASKETBALL

JOIN OUR SUMMER

# BASKETBALL CAMP 2024



IMPROVE YOUR SKILLS AND HAVE FUN

JUNE 3RD-6TH, 2024  
5:30PM-8:00PM

## WHAT TO EXPECT

- Seven Lakes High School Coaches
- Skill Development
- Team Play
- Competitions
- Must have a physical on file in RankOne to participate

AGE GROUP

## INCOMING 7TH-9TH GRADES



Registration Fee

\$15



CAMP LOCATION

Seven Lakes High School Main Gym

CONTACT

douglastwatson@katyisd.org



REGISTRATION



You've been invited to join

## Summer 2024 SLHS Girls Soccer

Use your **unique access code** below and follow the instructions.

### Access Code

# K2DH-FXNJ

#### Join via Website

##### New Users

1. From your computer, phone, or tablet, visit **sportsyou.com**
2. Click **Get Started** and enter your email
3. Go to your email and click **Confirm Your Email**
4. Click **Enter Access Code** to enter code, then finish setting up your account

##### Existing Users

1. From your computer, phone, or tablet, go to **sportsyou.com** and log in
2. In left column, click **Join Team/Group**.
3. Click **Enter Access Code** to enter code, then **Join Team** or **Join Group**

#### Join via App

##### New Users

1. On mobile device download **sportsYou app**  
  
from the **App Store** (iOS) or **Google Play Store** (Android)
2. Open the sportsYou app and tap **Create Account**
3. Tap **Enter Access Code** to enter code, then finish set up

##### Existing Users

1. On mobile device log in
2. In bottom tray, tap **Teams/Groups**
3. Tap **blue +** button, then tap **Join Team/Group**
4. Enter access code and click **Join**



visit us at [www.sportsyou.com](http://www.sportsyou.com)  
or in the app stores



# SEVEN LAKES SOFTBALL

## Futures Camp

**\$20**

PER PERSON

**JUNE 5-6**  
**3:30-5:30**

**7TH-9TH**

2024-2025 GRADE

- Learn how to compete at the next level
  - Hosted by SLHS coaches at SLHS Softball Field
  - Athletes must have a current physical uploaded in RankOne to participate
  - Athletes must be zoned to SLHS to attend
- Register by May 27 to guarantee a camp shirt
- Online registration only using this link:



**Sign up here!**



# Softball

**Thank you for  
your interest in  
SLHS Softball!**



**Please join the  
Sports You for  
Camp and Skills  
Sessions Info**

# track

Dear Future Spartan Track Athletes,

I hope this letter finds you in great spirits and excellent health! As the girls Head Track and Field coach at Seven Lakes High School, I am reaching out to share an exciting opportunity that awaits you – the chance to join our incredible girls track team.

Track and Field is not just a sport; it's a journey of self-discovery, personal growth, and camaraderie. Here are some compelling reasons why you should consider running track at Seven Lakes High School:

- 1. Unlock Your Potential:** Track and Field is a sport that caters to various strengths and talents. Whether you're a sprinter with excellent speed, a long-distance runner with endurance, or a field event enthusiast, there's a place for you on our team. Discover and unleash your hidden potential as you explore different events and find your niche.
- 2. Build Lifelong Friendships:** Joining the track team means becoming part of a tight-knit community that supports and encourages each other. The friendships you form on the track will extend beyond the track, creating lasting bonds with teammates who share your passion for success and personal improvement.
- 3. Boost Your Confidence:** Track and Field is not just about winning races; it's about setting personal goals and conquering them. As you challenge yourself to improve your times or reach new heights or distances in field events, you'll witness a significant boost in your self-confidence. These skills will extend far beyond the track, benefiting you in academics, leadership, and everyday life.
- 4. Stay Active and Healthy:** In a world dominated by screens and sedentary activities, track offers a refreshing opportunity to stay active and maintain a healthy lifestyle. Engaging in regular physical activity has numerous physical and mental health benefits, and being part of a team provides the motivation to stay committed to your fitness goals.
- 5. College and Scholarship Opportunities:** Participating in track and field can enhance your college applications and open doors to various scholarship opportunities. Many colleges actively seek student-athletes who excel both academically and athletically. Your commitment to track can set you apart and make a positive impact on your future.

Remember, joining the track team is not just about competition; it's about personal growth, teamwork, and creating memories that will last a lifetime. We welcome athletes of all skill levels, and our coaching staff is dedicated to helping you reach your full potential.

If you have any questions or concerns, please feel free to reach out. We will be hosting a “Meet the Coach’s” night on Wednesday, May 15 at 6pm in the Freshman cafeteria, where you can meet the coaching staff and learn more about the exciting opportunities that await you.

Take the first step towards a thrilling and rewarding journey by joining Seven Lakes High School Girls Track and Field. We look forward to welcoming you to our team!

Best regards,

Michael Rivera

Head Girls Track and Field Coach

[michaeldrivera@katyisd.org](mailto:michaeldrivera@katyisd.org)

(281) 237-9186



**athletics website**

**sevenlakesabc.com**

