

## **MMS Girls Athletics 2023-24**

**Important Information and Dates:** Most of this information can also be found on the DISD/DHS/Athletics website.

**UIL required Paperwork:** Physicals/Medical History and Rank One Online Paperwork must be completed in order to participate in athletic practices or games for grades 7-12. The links are below.

### **Physical/Medical History Forms -**

Must be completed and turned in by the first day of school.

[https://core-docs.s3.amazonaws.com/documents/asset/uploaded\\_file/3305/mms/2512783/Physical\\_Form\\_for\\_Dr..pdf](https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/3305/mms/2512783/Physical_Form_for_Dr..pdf)

### **Rank One Online Paperwork:**

Please see the links at the bottom of the linked page for Rank One instructions and paperwork.

Your STUDENT ID can be found on Skyward.

<https://www.decatreeagles.net/athletics-paperwork>

**SportsYou** - please download the app! This is the way we communicate with athletes and parents! We have a SY page for 7th Grade Athletics, 8th Grade Athletics, plus 7VB, 8VB, 7BB, 8BB, and a combined SY page for 7/8 Boys and Girls XC. Please join the general athletic page for your grade then join the other pages for the sports you participate in.

7th Grade Girls Athletics Code - B3UAFHA6

8th Grade Girls Athletics Code - AML7Q9HQ

7/8 Grade Boys and Girls XC Code - 4JT3LQ7T

### **MMS Girls Athletics Practice Clothes:**

**Shirts** - Soon we will send out a link for parents to purchase practice shirts for their athlete(s). It will be a royal blue shirt with the Decatur 'D' and a number on the front of it. Parents can purchase as many as you wish (this prevents parents from doing laundry every night to wash practice clothes) Athletes are required to wear this shirt to practice each day for all sports. We use the number on the shirt when we score athletes during

VB and BB tryouts. We also post teams on SportsYou once tryouts are over and post their shirt number not their name.

**Shorts** - Black athletic shorts. There is no need to run out and buy shorts. Most kids already own a pair of black shorts.

**Shoes** -

**XC** - We suggest Hoka or Brooks. Your shoes will last 300-500 miles or approximately 6 months of running 12-20 miles a week. Shin splints are miserable and the most likely culprit is your shoes.

**VB** - There are many court shoes available that are great

**BB** - There are lots of options for BB

**Track** - Please don't buy spikes, throwing shoes, etc until we determine what event your child is competing in.

**Important Dates in August: see chart below**

|                                     |   |   |                    |
|-------------------------------------|---|---|--------------------|
| 8/9<br>Wednesday                    | 5:00-6:00   | MMS Girls Athletics Parent Meeting  | MPB Cafeteria      |
| 8/9<br>Wednesday                    | 5:00-6:00   | 6th grade Meet the Teacher  | MMS                |
| 8/9<br>Wednesday                    | 6:00-7:00   | 7th and 8th grade Meet the Teacher  | MMS                |
| 8/10<br>Thursday                    | 7:45AM  | 1st Day of School - Physicals/Medical History and Rank One Online Paperwork due | MPB Gym            |
| 8/11-8/16<br>Fri, Mon,<br>Tues, Wed | 6:15 - doors open<br>6:30 - 8th grade tryouts begin<br><br>Until 4:30 - 7th grade tryouts | Volleyball Tryouts  | MPB Gyms           |
| 8/11<br>Friday                      | 6:15 - doors open<br>6:30 - 8th grade XC practice begins<br><br>until 4:30 - 7th grade    | XC practice begins - ALL girls not trying out for VB                            | MPB Gyms/MMS Track |
| 8/17<br>Thursday                    | 6:15 - doors open<br>6:30 - practice begins   | 7A & 8A Volleyball teams first practice   | MPB Gyms           |

|                  |   |  |                    |
|------------------|---|--|--------------------|
| 8/17<br>Thursday | 6:15 - doors open<br>6:30 - practice<br>begins<br><br>Until 4:30 - 7th<br>grade | XC practice begins for all athletes that did not<br>make a VB team | MPB Gyms/MMS Track |
| 8/21<br>Monday   | 5:30-6:30PM   | Volleyball Parent Meeting  | MPB Cafeteria      |
| 8/22<br>Tuesday  | 5:30-6:30PM   | Boys and Girls XC Parent Meeting                                   | MPB Cafeteria      |
| 8/24<br>Thursday | 5:00-6:00   | FanPledge Fundraiser   | MPB Cafeteria      |