

# Coaching Staff

Coach Brothers-

Head 8th Grade Coach

3rd Year at CMS West



# Coaching Staff

Coach Tate

Assistant 8th Grade Coach

1st Year at CMS West



# Coaching Staff

Coach Nwankwo

Head 7th Grade Coach

2nd Year at CMS West



# Coaching Staff

Coach Buchanan

Assistant 7th Grade Coach

5th Year at CMS West



# Most Important Things for Coaches

- Academic Success
  - We want our student-athletes to be successful both on and off the field
  - Goal of 100% Passing Rate each 9-Week Grading Period
  - We will support our teachers on campus
  - No Pass/No Play- State Law
- Leaders on Campus
  - We hold our student-athletes to a High Standard
  - We expect them to be THE example of what it means to be a Wrangler
- Know and Exemplify our 3 Hallmarks

# Hallmarks

- Trust
  - Coaches Trust Coaches
  - Coaches Trust Players
  - Players Trust Coaches
  - Players Trust Players
- Passion
  - If you aren't ready to give something your best effort, then why do it in the first place?
  - Do everything you do with passion.
- Discipline
  - Do what is right, no matter who is looking.

# Equipment

- You are financially responsible for all equipment that is checked out to you
- Virtual learners will be taking these items home with them, they are not to be used at home for activities at all.
- Each virtual student will bring the required equipment to practice.
- In person students will keep any equipment at school.
- We will wash all cloth items daily for in person learners
- We will provide everything but shoes for athletes!
  - Can purchase shoes from Eastbay at a discount, see Coach Kelder's email tomorrow.

# Safety Protocols and Requirements

- When arriving for practice, all athletes should be wearing a face covering
- Virtual learners will not be allowed in the locker room when arriving, they will go right to the gym.
- Each athlete will scan in with a QR code and answer simple questions. This will help us should we have to contract trace so we know who is in attendance each day. QR code will be located in Schoology for those students who do not want to bring their phones or ipads to practice.

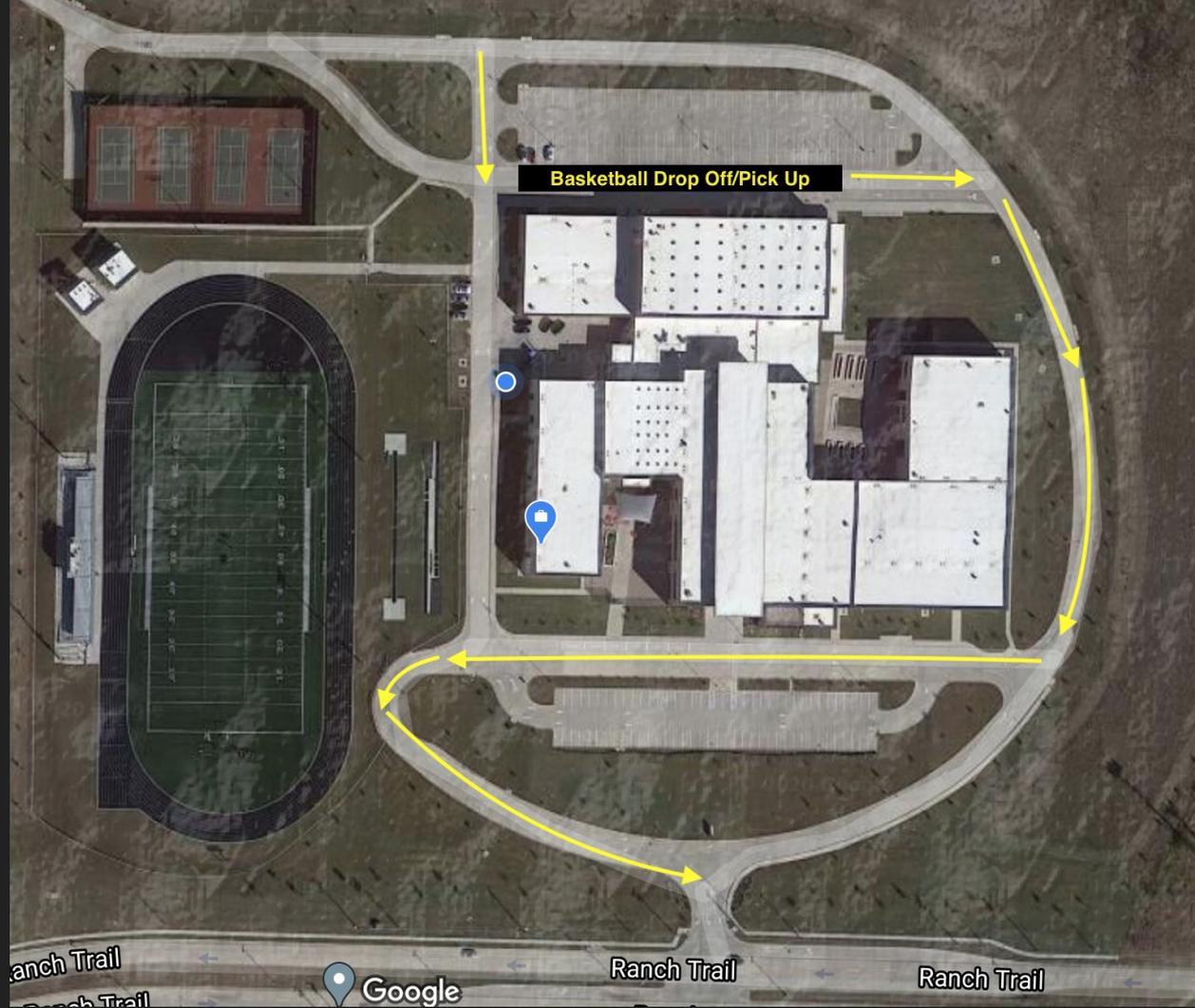
# Safety Protocols and requirements

- Each athlete will need to bring their own refillable water bottle with their name
  - The bigger the better- 64oz at least One gallon preferred
  - We will be able to refill water bottles but will not share any water equipment
  - Both of these are on amazon and under \$20



# Practice Drop off and pick up

- Can enter from Saintsbury or Ranch Trail
- Must drop off/ pick up in designated area.
- Be patient and watch for pedestrians/ busses.

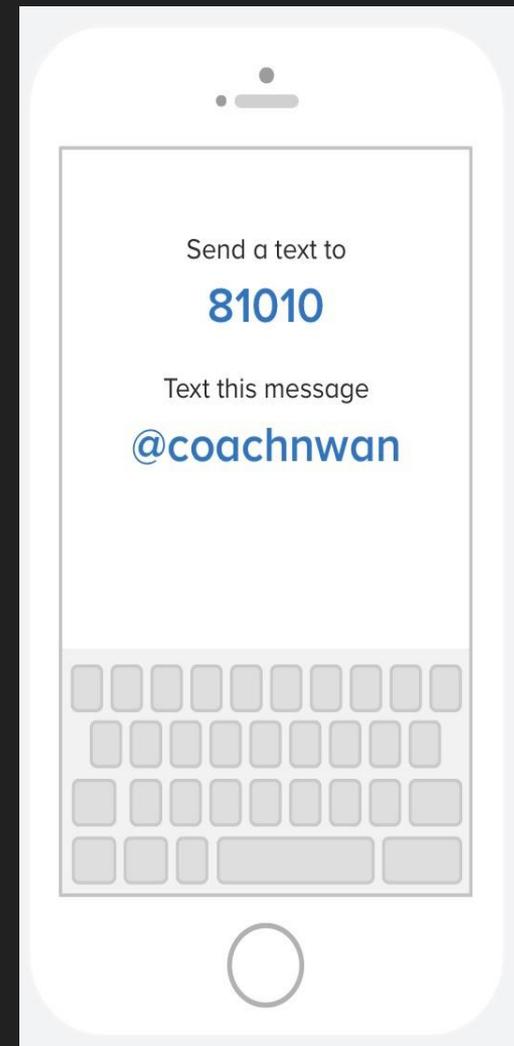


# Practices

- Must be at practices!
- If something happens and you are unable to practice, must notify Coach Brothers or Coach Nwankwo via email.
- Should still come to practice and watch if you can.
- IF YOU ARE SHOWING ANY SIGNS OR SYMPTOMS OF COVID-19, STAY HOME!

# 7th Grade Practice

- Drop off is at 6:45 am
- Practice pick up time is 8:30 am for virtual learners
- Please pick up on time and communicate to Coach Nwankwo if you are running behind.
- To sign up for our Remind group use the photo to the right
- This will be used to contact parents and athletes in case of last minute changes or updates.
- We will not practice on game days.

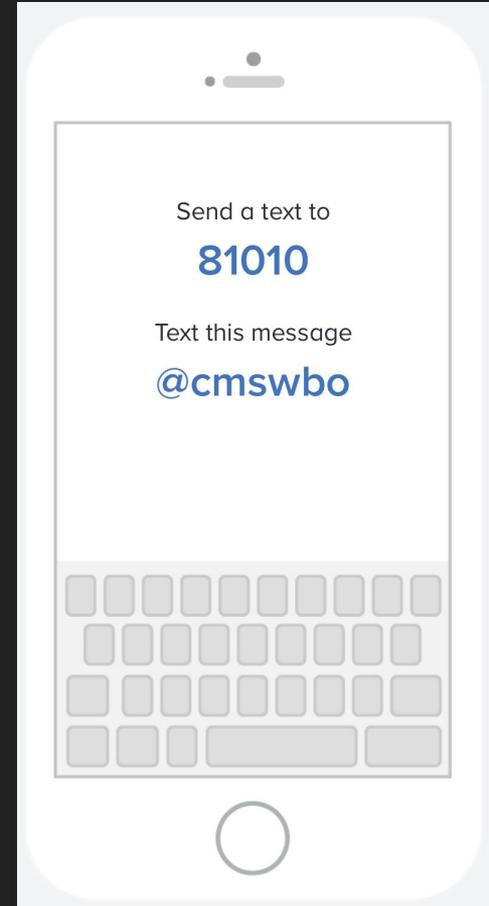


## 7th Grade Practice cont.

- Make sure you have something small for breakfast to give you energy.
- Avoid dairy products as much as possible
- Granola bar or fruits are great
- Drink plenty of water throughout the day to be prepared for the next day!
- If you are dehydrated at practice it is because you did not prepare your body the day before!

# 8th Grade Practice

- Drop off is at 2:50pm
- Pick up is at 4:30pm
- We will not practice on game day
- To sign up for our Remind group use the photo to the right
  - This will be used to contact parents and athletes in case of last minute changes or updates
- Please pick up on time or communicate to coach Brothers if running behind



# Gamedays

- Transportation
  - Athletes have the option of riding the bus to each away game. Athletes can ride with parents to games if they would like, must email their Coach beforehand and meet at the school at the designated time and follow bus.
  - Students are highly encouraged to leave with parents after their game, both home and away games.
- Meals
  - We will NOT be having an option for gameday meals. Each athlete will need to bring a snack or something to eat before each game.

# Gamedays cont.

- Tickets
  - All tickets to Coppell Home games need to be purchased online. A link will be sent out before the games for parents to purchase! We want our families to be able to watch and support our kids!
- Gameday Shirts
  - Each Athlete that is on the team or a manager will need to purchase a gameday shirt for \$20. Money can be brought to practice by the end of next week. Checks made out to CMS West.
  - Coaches have already covered the upfront cost of the shirts.



# Injuries/Medical

- We will take a medicine bag to all practices and games
  - If you have an inhaler that you would like us to keep in our bag we can do that.
  - Will have to fill out and turn in a self carry form to Coach Kelder
- Hurt vs Injured
  - There is a difference between being hurt and being injured.
  - You can still come to practice and participate in some situations if you are hurt.
- Injuries
  - If you are injured or hurt at practice you may go see the CHS Athletic Trainers by appointment and they will examine you.
  - You will email me and I will copy you on an email to the Athletic Trainers to make an appointment.

# High School Trainers

- If you are injured at a CMS West game or practice you can go visit the CHS Training staff.
  - You need to make an appointment by going to [this link](#). You will select a date and time to go visit with this link. There is a map on that link that will direct you on where to enter the fieldhouse once you get to CHS.

# Website/Social Media

- Schedules and rosters can be found on our athletics website:  
[cmswestathletics.net](http://cmswestathletics.net)
- Follow us on twitter and instagram, [@CMSWestSports](https://twitter.com/CMSWestSports)