

A large, modern stadium at night, illuminated by bright lights. The stadium is filled with spectators, and a soccer ball is visible in the foreground. The text is centered in the upper half of the image.

ELLA BANKS GIRLS SOCCER

Parent Meeting

CONTENT

- 01 Welcome
- 02 Communication
- 03 Game Schedule/Travel
- 04 Issued Equipment
- 05 Absenses
- 06 Code of Conduct
- 07 Game Structure
- 08 Questions?



GENERAL INFORMATION

- This will be sent out on Mascot Media as well for those that are unable to make this meeting and for everyone to have handy if needed.
- Please read all the information carefully with your daughter so we are all on the same page.
- If you still have any questions that were not answered, please feel free to contact me.
- Due to things out of our control, some events or times may be changed. We will do our best to notify you and the athletes in time and send it out on Mascot Media.

COMMUNICATION

- We will communicate EVERYTHING with your daughter and encourage you to help her grow and become responsible.
- She is the one attending practices and knows what is going on, so have her ask if she has a question.
- I will send information weekly on Mascot Media.
- Even if it is raining in the morning, we will still have practice (inside).
UNLESS DISTRICT NOTIFICATION OF CANCELATIONS
- If we ever cancel, you will be notified via Mascot Media.

PRACTICES

Monday - Wednesday with occasional Friday practice

Time:

- Athletes will be dropped off at the Gym doors starting at 6:30 am
- If you will be later than 6:45 am PLEASE NOTIFY ASAP.
- CLOSED PRACTICES - students and coaches only

GAME ETIQUETTE

- Show enthusiasm and positive body language.
- No communication with crowd during games.
- Only captains speak with officials.
- No cellphones on the bench.
- Maintain focus and professionalism.

BANKS JUNIOR HIGH



GIRLS SOCCER SCHEDULE

26
MAR

LEAMAN JH
AT TOMAS HS
5:00PM

16
APR

BRISCOE JH
AT FOSTER HS
6:30PM

1
APR

READING JH
AT GEORGE RANCH HS
6:30PM

23
APR

GEORGE JH
AT TOMAS HS
6:30PM

9
APR

WRIGHT JH
AT TOMAS HS
5:00PM

23
APR

LAMAR JH
AT LAMAR JH
5:00PM

Playoffs will be determined after the regular season!

#GETEM GATORS

GEAR

Athletes need to have cleats and shin guards for games

Jersey, shorts, and socks will be provided

NO JEWELRY is allowed during the games

Playoffs

Semi-Finals 5/7/25 starting at 5:00 pm and 6:30 pm

Girls' games will be played at **Terry High School**

Boys' games will be played at **Lamar High School**

Finals 5/9/25 starting at 10:00 am and Noon @ Traylor Stadium

10:00 am Girls Finals

12:00 pm Boys Finals

GEAR

Athletes need to have cleats and shin guards for games

Jersey, shorts, and socks will be provided

NO JEWELRY is allowed during the games

TRANSPORTATION

- For home and away games, all players will ride the bus to the game and back to the school.
- No athlete will be allowed to leave with a parent after the game, they will need to be picked up from the school
- Call parents when leaving the gym.
- Be picked up within 10 minutes after returning.

*** If there is an emergency please contact me ASAP***

ISSUED EQUIPMENT

- If any equipment is lost or misplaced, the athlete will be held responsible and charged for each missing item

Game Jersey - \$40

Shorts - \$20

Socks - \$12

Backpack - \$52

F SHINGUARDS

1. Professionally manufactured.
2. Age- and size-appropriate.
3. Worn under socks.
4. Worn with bottom edge no higher than 2 inches above the ankle.
5. Must meet NOCSAE Standards at time of manufacture.
6. NOCSAE seal and height range permanently marked on front of shinguard.
7. May not be altered.



ABSENSES - SICK

If your daughter is ill, please send a note so that they may have an alternative workout and communication on file.

- A parent note is only good for 3 days, after that a doctor's note is required

If an athlete is sick and misses school, please email Coach Rao to let me know you are not at school. If you are absent on a game day or the practice before a game with no prior communication this will result in not being able to start/play in that game. If you leave school sick or for a Dr. appt., please let coach know or leave a note in the coaches' office. DO NOT ask a teammate to tell coach, it is YOUR responsibility!

ABSENCES - OTHER

- If you miss practice, you will have makeups and could result in not starting/competing in that week's game. If it is due to a school related absence, or appointments I need notification prior to the absence and a Dr. Excuse upon return to be an excused absence.

COMMUNICATION IS KEY

If you miss practice and are at school, I expect you to stop by my room at some point and speak with me.

GRADES

- All athletes must be passing ALL classes with a 70 or higher at the end of the 5th six weeks - APRIL 10, 2026

If an athlete is not passing one or more class, they will lose eligibility for the next 3 weeks and will not be allowed to participate in practices or games

The athlete can gain back eligibility at progress reports for the 6th six weeks on MAY 1, 2026 - this is after our last game

BEHAVIOR

We want to enforce positive behavior and address negative behavior. We will not cover every type of behavior but will address things as they happen.

Level 1 Offense:

Minor behavior problems that will be addressed with the classroom teacher/coach. If we continue to have the same problem, it will be considered a level 2 offense.

BEHAVIOR CONT.

Level 2 Offense:

Anything that resulted in ISS time or suspension. Depending on the severity of the action, this could result in lost playing time. If a student serves ISS or suspension time on game day, they will NOT be allowed to participate in the game.

Level 3 Offense:

Would result in removal from the athletic program.

INJURY

If you get injured it is YOUR responsibility to report it to the coach so that we can have you looked at by the trainer. If you choose to go to an out of school doctor, a note will need to be provided that says you need to sit out from practice/games.

To be cleared to play you must go through the appropriate steps in healing and getting reevaluated by a doctor or the trainer.

If you sit out in PE/Major sports, you will sit out in practice.

GAME STRUCTURE



Only one game!

5 7th graders and 5
8th graders on the
field at once

One goalie either 7th
or 8th grade on the
field



MASCOT MEDIA

MASCOT MEDIA

Every important information for Girls Soccer will be posted in Mascot Media. I will have the game schedule, practice schedule, and any other necessary information posted in mascot media for you to view.





Ella Banks JH ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

Because participation in extracurricular activities is a privilege and not a right, Lamar C.I.S.D. is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities.

Therefore, this Athletic Handbook extends beyond the Ella Banks JH Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing potential redirection.

We have both read the Ella Banks JH Athletic Department Handbook and fully understand all of the policies of the Ella Banks JH Athletic Department Handbook.

We both agree to abide by and support these policies.

Athlete's Printed Name _____

Athlete's Signature _____

Date _____

Parent's or Guardian's Printed Name _____

Parent's or Guardian's Signature _____

Date _____

CODE OF CONDUCT

Please sign and return form to me by Friday, March 20th



THANK YOU

Questions?

@ kara.rao@lcisd.org

BANKS SOCCER

<https://gogandy.com/banks-soccer>

SALE ENDS: **March 22nd!!**



MORE OPTIONS ONLINE

1. Go online 2. Select your items 3. Securely check out

