

Athletic Information 2019 - 2020

Athletic / PE Uniforms:

Uniforms will be sold at locker and football pad handout and/or in class the first week of school. A spirit store will be online at the beginning of school. More information will be given at the beginning of school.

Athletic and Pre-Athletic Information:

An informational power point will be available on athletic website and sent out through email before the last day of school. The link to the power point is below:

<https://docs.google.com/presentation/d/1KmI8l3VRixDVK2QeVYJGd-f7c7J58yepkN89nRJrVdw/edit?usp=sharing>

Physicals AND paperwork:

Due before the first day of school. Athletes cannot participate in sports and/or in the athletic period until a physical is on file in the coaches office.

*Physicals can be turned in during the summer in the coaches' office / counselor's office or there will be a box in the summer school office located in the 6th grade annex building.

*All online UIL forms must be completed with electronic signatures on athletic web site. (no hard copies accepted)

Online forms link: <https://alamoheights.rankonesport.com/New/Home.aspx>

Save the Dates

CROSS COUNTRY

Wednesday, August 14th – Parent Meeting 6:00 pm in Band Hall

Tuesday, August 20th – First Day of practice at 6:30 am

GIRLS ATHLETICS / VOLLEYBALL

Thursday, August 15th – Girls' locker handout for athletics, purchase athletic uniforms, and turn in physicals - 9:00 am – 11:00 am in girls gym

(8th grade girls who were in athletics last year will keep their current locker and will only need to attend if purchasing new uniforms or turning in any physicals / or completing online forms.

Volleyball:

Tuesday, August 13th and Wednesday, August 14th - Volleyball open gym: – 4:00-5:00 pm

Tuesday, August 20th - Volleyball tryouts begin second day of school,

7th grade – 7:15 through 1st period

8th grade –during athletics and after school until 5:30 pm

Monday, August 26th Volleyball parent meeting at 5:30 pm in girls gym

BOYS ATHLETICS / FOOTBALL

Thursday, August 15th - Pad & Locker Handout, Purchase Athletic Uniforms, and turn in physicals

7th grade- 9:00-10:00 am

8th grade- 8:00-9:00 am

Football parent meeting- 10:00 -11:00 am in boys gym

Athletic BBQ Kickoff Fundraiser and Volleyball/Football Scrimmage

Thursday, August 29th 4:30 pm-6:30pm