

WRMS BOYS ATHLETICS 2017-2018



PARENT INFORMATION

PARTICIPATION FORMS & PHYSICALS

To participate in Athletics each student must complete their online participation forms and have a current physical on file. Physicals can be turned into the office or Coach Spraberry.

- Participation forms can be completed via RankOneSport by using the following link: <https://eanesisd.rankonesport.com/New/Home.aspx>
- Physical forms are available here: <http://westlakenation.com/index.php/home/athletic-forms>

Summer physicals will be **July 27th at 6pm in the Ninth Grade Center at WHS. Cost for physical is \$25. Make checks payable to EANES ISD.*

ATHLETIC UNIFORMS

Athletic uniforms can be purchased through the hub (\$55). Each athlete is required to wear their uniforms every day. It is common to purchase multiple sets to help with reducing laundry loads at home.

- Athletic Uniform includes the grey NIKE dri fit top and green NIKE shorts.
- Please make sure not to order the PE uniform.
- Extra uniforms are available for purchase through the campus during the school year.

WILDCAT CLUB

The Wildcat Club is the parent-led organization that helps make West Ridge such an outstanding place for our kids to learn and grow. With your support, we help make our school even more special by:

- Bringing you fabulous, fun events like Wildcat Warmup, Celebration West Ridge, and Medieval Fest;
- Pay for physical improvements on campus like the computer room renovation, landscaping, and new water fountains;
- Support teachers in stocking their classrooms for the new school year;
- Show our teachers and staff how much we love them through Teacher Appreciation Week, and more!

There are lots of ways to get involved with the Wildcat Club, but it starts with registering today at www.wildcatboosterclub.org to pay your campus fee, check out school supply lists, sign up to volunteer, order spirit gear, and more! Also, mark you calendar for our very first Wildcat Club meeting on Friday September 15th at 9:00am in the WRMS Cafeteria!

Questions? Want to know more or get involved? Please contact Aimee Cunningham (Aimee.b.cunningham@gmail.com) or Suzanne Newhouse (suzannenewhouse@yahoo.com), Wildcat Club Co-Presidents!

WILDCAT CLUB (continued)

West Ridge Spirit Gear & WRMS Athletic Fund

- Throughout the school year, all West Ridge Spirit Wear for ALL sports will be posted at this link: <https://wildcatboosters.membershiptoolkit.com/spirit>
- Our spirit wear designs are intended to tie West Ridge team spirit with the Westlake community using the simple “W” design. Wildcat Nation is the overall theme for the year, intended to unite all West Ridge athletes together.
- We encourage parents to also purchase spirit. Come Early...Be Loud...Stay Late...wear GREEN with pride! Let’s ALL support our Wildcats together with a sideline show of green.
- All proceeds of the sales of spirit wear benefit the West Ridge Athletics Fund.
- For WRMS spirit wear questions, please contact Catherine Cruver catherinecruver@yahoo.com or Carrie Lindsey carriewithmark@hotmail.com

ATHLETIC PROGRAM

A large, stylized, light green letter 'W' with a white outline is centered in the background of the slide. The 'W' is composed of two 'V' shapes joined at the top.

- Sports Offered: football, cross country, basketball, track, soccer and golf
- Students may participate in cross country, soccer and golf without being enrolled in Athletics
- Football, cross country and track do not have cuts; however, entries are limited for cross country and track
- There will be tryouts for basketball and soccer
- 7th basketball will have 3 teams & 8th grade will have 2 teams

ATHLETIC PROGRAM (continued)

- Any athlete enrolled in Athletics must play at least one sport offered through Athletics.
- Any athlete not participating in a sport will be placed in our off-season program (during the Athletic period only).
- WRMS sports come before any outside activity (e.g. club sport). Missing a practice or game due to a non UIL activity can result in removal from that sport. Contact us if you feel there may be a conflict.
- WRMS Athletics is aligned with WHS Athletics
 - The MS and HS coaches work together to ensure that our athletes have a seamless transition into their respective sport(s) as a Chapparral.

WRMS ATHLETIC POLICIES

- No Pass/No Play
 - EANES ISD is on a nine week grading cycle. However, UIL operates under a six week eligibility cycle. A copy of the dates an athlete can lose or gain eligibility will be sent home.
- Any suspected injuries must be reported to the coaching staff
- A doctor's visit requires a copy of the doctor's note to be turned into Nurse Murphy and Coach Spraberry. If there are limitations, ask the doctor to be specific on the note. (no lower body exercises)
- A handwritten note from parents will not be accepted
- Doctor out/Doctor in
 - Documentation of a specific return date is needed for any injured athlete. (e.g. can resume activity in two weeks, or athlete is fully cleared on 8/14/17)

WRMS ATHLETIC POLICIES(continued)

- **Concussion Protocol**

- Click this link to view the: [EISD Concussion Protocol Information](#)
- An athlete will be immediately removed at the first sign or symptoms consistent with a concussion
- All athletes will be referred to a physician for evaluation
- Once symptom free and fully released by the physician, the athlete will enter the Return to Play Protocol

WRMS ATHLETIC POLICIES(continued)

- **EISD Return to Play Protocol**
 - Athlete will check in and be monitored by Nurse Murphy
 - The RTPP will follow a supervised step-by-step activity progression. The progression will advance at a rate of one step per day.
 - At any point during the progression if the athlete experiences any concussion symptoms, the athlete will wait 24 hours and start the progression again from Day 1.

WRMS PROGRAM EXPECTATIONS

- **OVERALL PROGRAM EXPECTATIONS**

- Athletes will adhere to the EISD Student Code of Conduct.
- There will be consequences for ISS, referrals, and other infractions.
- Athletes(not parents) are to communicate with coaches of any absences or possible future conflicts. A short email with a brief explanation of the absence is acceptable.
- Athletes are expected to be prepared and properly dressed each day (socks must be white, black, or dark green).
- No jewelry
- No cell phone use in the locker room or during the athletic period.
- Athletics is a privilege, failure to meet expectations will result in the removal from Athletics.

WRMS PROGRAM EXPECTATIONS

● EXPECTATIONS FOR ATHLETES

- Athletes will meet all expectations and abide by all rules
- Athletes will be respectful
 - To teammates, opponents, coaches, facilities and spectators
- Athletes will have a positive attitude
- Athletes will be coachable
 - Try to your best ability to correct your mistake(s) your NEXT attempt
- Athletes will be great teammates and give great effort every day
- Athletes will be role models on campus
 - You will be held to a higher standard
- Work hard and have fun!

PARENT INVOLVEMENT

- Support all players and coaches on and off the field.
- Nutrition is key! Please help monitor food intake and ensure proper hydration. Limit foods with no nutritional value.
- Lead by example
 - Show respect for all players, coaches, officials, spectators, and support groups
- Please take the time to review the UIL Parent Information Handbook
 - http://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_16-17pdf.pdf

COMMUNICATION WITH COACHES

There is a time and a place for expressing your concerns with the coaches. If you have a concern, please schedule an appointment with the coach.

- **Appropriate concerns to discuss with a Coach**
 - The mental and physical treatment of your child.
 - What your child needs to do to improve.
 - Concerns about your child's behavior.
- **Issues *NOT* appropriate to discuss with a Coach**
 - How much playing time each athlete is getting.
 - Team strategy.
 - Play calling.
 - Any situation that deals with other student-athletes.

COMMUNICATION WITH COACHES

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Call the coach to set up an appointment.
- 2) If the coach cannot be reached, call the principal and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

- 1) Call the principal to set up a meeting with the principal, coach, and parent present.
- 2) At this meeting, an appropriate next step can be determined, if necessary.

CONTACT INFORMATION

Coach Justin Spraberry, *Boys Coordinator*

jspraberry@eanesisd.net

Coach Ty Gotcher

tgotcher@eanesisd.net

Coach Andrew Graeber

agraeber@eanesisd.net

Coach Keith Wright

kwright2@eanesisd.net