



# West Ridge Middle School Boys Athletics

## 2018 Spring Parent Meeting Information



Our goal at West Ridge Middle School is to develop respectable young men with positive attitudes, leadership skills and a great work ethic. In doing so, we will also instill program fundamentals and enhance your student-athlete's skills to allow for future success as a Westlake Chaparral. We are in alignment with the Westlake High School Athletic Program, and we work together with the High School Coaching Staff to ensure that our athletes have a seamless transition into their respective sport(s) as a Chaparral. The following information is meant to serve as an overview of the Athletic Program at West Ridge Middle School and what is to be expected of our student athletes.

### Physicals and RankOne

- 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>
- Your physician can complete the physical, but it will need to be completed on the Eanes ISD Physical Form.
  - Physical forms are available here:  
[http://www.eanesisd.net/uploaded/wln/Forms/Physical\\_Form.pdf?1495482494494](http://www.eanesisd.net/uploaded/wln/Forms/Physical_Form.pdf?1495482494494)

***\*\*Spring Physicals will be held at Westlake High School on May 9th at 6:00pm. A parent signature will be required. Cost is \$25. Cash or check, checks payable to Eanes ISD.***

***\*\*Please have all online forms completed and physical turned in by August 1st.***

### Extracurricular Fees

- \$275.00 flat fee for the school year for participation in 1 or more team sport (football, basketball, soccer, volleyball)
  - \$200.00 fee for participation in 1 individual sport (cross-country, golf, tennis, track)
  - \$275.00 fee for participation in an additional individual or team sport, after previously paying
  - \$200.00 for an individual sports fee.
- Extracurricular Participation Fees can be paid here: <https://eanes.revtrak.net/>

### 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 events like Wildcat Warm-up, Celebration West Ridge, and Medieval Fest
- Pay for improvements on campus like the computer room renovation, landscaping, and new water fountains
- Support teachers in stocking their classrooms for the new school year
- There are lots of ways to get involved with the Wildcat Club, but it starts with registering today at [www.wildcatboosterclub.org](http://www.wildcatboosterclub.org) to pay your campus fee, check out school supply lists, sign up to volunteer, order spirit gear, and more!
- Questions? Want to know more or get involved? Please contact Karen Martin ([klmart17@yahoo.com](mailto:klmart17@yahoo.com)) or Terri-Ganem Budiselich ([longbeachag@yahoo.com](mailto:longbeachag@yahoo.com)), Wildcat Club Co-Presidents!

## Spirit Gear

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 place orders shortly after the parent meeting for each respective sport. We do our best to post the upcoming order deadline on the website. Completion of the order takes approximately two weeks after each order is placed.
- We deliver the completed orders to the coaches to distribute to players.
- 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](mailto:catherinecruver@yahoo.com) or Carrie Lindsey [carriewithmark@hotmail.com](mailto:carriewithmark@hotmail.com)

## Athletic Uniform

Athletic uniforms can be purchased through the hub. 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 uniforms include the grey Nike Dri-Fit top and green Nike shorts.
- Cost \$50.00 (shirt \$25, shorts \$25)
- Extra athletic uniforms are available for purchase through the campus during the school year.
- Please make sure NOT to order the PE uniform.

## No Pass/No Play

The No Pass No Play rule stipulates that Texas public school students who participate in extracurricular activities must achieve a passing grade (**70% or higher**) each six-week grading period in order to qualify to continue participating in extracurricular activities such as athletics, band, and orchestra.

- Eanes ISD operates with nine-week grading cycles. The six-week grading periods do not always match up to our nine-week periods.
- An Eanes ISD UIL Eligibility Calendar will be released later this summer

## Injuries

- 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 8/14/18)

## Concussion Protocol

- Eanes ISD Concussion Management Protocol:  
[https://wrms.eanesisd.net/uploaded/wln/Forms/Concussion\\_Information\\_from\\_WebSite.pdf](https://wrms.eanesisd.net/uploaded/wln/Forms/Concussion_Information_from_WebSite.pdf)
- 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
- All WRMS coaches are trained yearly on concussion prevention, recognition and management.

## **EISD Return to Play Protocol**

- The Return to Play Protocol will begin after the athlete has been declared symptom free by your physician.
- Athlete will check in and be monitored by Nurse Murphy daily.
- The RTPP will follow a supervised step-by-step activity progression. The progression will advance at a rate of one step per day. (5 Steps)
- 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.

## **Transportation**

In most cases a bus will be provided to take the athletes to the competition. You are allowed to take your child home following the competition, but a parent signature will be required. Prior written notice will need to be provided to Coach Spraberry if an athlete will be leaving with someone other than their guardian. The bus **DOES NOT** return to WRMS. If an athlete travels home on the bus, he will need to be picked up from the WHS Bus Barn.

## **Parent Involvement**

- Support all players and coaches on and off the field.
- Nutrition is key! Help monitor 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\\_17-18.pdf](http://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_17-18.pdf)

## **Communication**

There is a time and a place for expressing your concerns with the coach. 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 receiving.
  - Team strategy.
  - Play calling.
- If a parent has a concern to discuss with the coach, the following procedure should be followed:
  - 1) Call or Email 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.

## Club Sports/Outside Organizations

The Eanes ISD Athletic Program encourages our athletes to be multi-sport athletes, and we support club sports and activities outside of West Ridge Middle School. However, West Ridge sports comes before any outside activity. We expect those that tryout or play a sport for West Ridge to be committed to that sport. If there are possible conflicts between a club sport and a West Ridge sport please communicate the issue with the coaches before the season begins. Missing a game or practice due to a non-UIL activity can result in removal from that sport.

## District Alignment

West Ridge Middle School is part of the Highland Lakes Middle School District. The HLMS District consists of teams from:

- Dripping Springs Middle School (DSISD)
- Sycamore Springs Middle School (DSISD)
- Marble Falls Middle School (MFISD)
- Hill Country Middle School (EISD)
- West Ridge Middle School (EISD)
- Hudson Bend Middle School (LTISD)
- Lake Travis Middle School (LTISD)

## Sports Offered

### Fall Semester

Cross Country

Football

Basketball

### Spring Semester

Basketball

Track

Soccer

Golf

Tennis

- Football will consist of three teams (Black, White, Green)
- Basketball will have two teams (Black, White)
- Soccer will have two teams (Black, White)

\* Athletes participating in football, basketball or track MUST be enrolled in Athletics. Students outside of Athletics are allowed to participate in cross country, soccer, golf, and tennis.

## Tryouts

- Basketball, soccer and golf will hold tryouts
  - Basketball 20-25
  - Soccer TBD
  - Golf 15
- There will not be cuts for football or track, but entries for track meets are limited.

## Practice Times

- 7th Grade: 7:30-End of First Period
- 8th Grade: 7th Period-5:00

\*Times may vary

\*A practice schedule will be made available at the beginning of each sport

## Offseason

Athletes who are not participating in a sport will be placed in our offseason program. Offseason takes place during the athletic period, and is vital to the future success of our athletes. Offseason consists of agility and strength training, conditioning, and various competitions.

## Athletic Guidelines

- Athletes will adhere to the EISD Student Code of Conduct; as well as, the Eanes ISD Extracurricular Code of Conduct.
  - The “ECC” can be found through the participation forms on the RankOne website
- Those enrolled in Athletics are subject to additional consequences for ISS, referrals, and other infractions. (i.e. Athletes will miss one game for receiving ISS)
- Athletes must participate in at least one sport.
- 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 dressed out each day
  - Athletic Uniform
  - Black, white or dark green socks only
  - No watches or jewelry
  - Proper footwear
- The use of cell phones, iPads, or other electronic devices are prohibited in the locker room or during the Athletic period.
- **Athletics is a privilege, failure to meet expectations will result in the removal from athletics.**

## Athlete Expectations

- 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!

## Coaching Staff

Justin Spraberry, Athletic Coordinator  
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Andrew Graeber  
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