

2021-2022 Gators Football

GMS Football

Athletes must attend ALL practice sessions in order to play in the first game. We will have 2 teams for each grade level.

Tryout Information

All athletes (7th & 8th graders) must have the following paperwork completed by the first day of practice or they will not be allowed to participate:

1. [Rank One: FISD Athletic Paperwork](#) (all online, no need to print anything)
2. [Griffin Athletic Contract \(Policies, Procedures & Expectations\)](#) (Signed by parent and student, return last page)
3. [2020 Medical History/Physical Form](#) (must say 2020 in top right corner!):
 - Please see these [Pre-Participation Physical Eval Expectations 20-21](#) to understand if you need to turn in *both* the Medical History and Physical form or *just* the Medical History side of the form.
 - Medical History side: Filled out and signed by a parent and student
 - Physical side: Filled out and signed by a doctor
 - Be sure to use the updated [2020 Medical History/Physical Form](#) (2020 printed on top right corner!).
 - Must be dated after May 1, 2021.

Football Attire

Football Cleats (White, Black, or School Colors), White socks

No jewelry (No exceptions), No Visors on Helmets

Uniforms will all be the same. Cold weather gear (leggings and sleeves) should be white.

GMS Football Parent/Athlete Meeting

Date TBA (Virtual)

We will discuss policies and procedures, t-shirts and game day meals. (This meeting is required for athletes and parents of all boys who are participating on the GMS football team.)

2020-2021 Gators Boys Basketball

Basketball Offseason (for those not playing football):

Offseason consists of: conditioning, weight room, agility work and basketball skill work. Must have following paperwork completed by first day of school:

1. [Rank One: FISD Athletic Paperwork](#) (all online, no need to print anything)
2. [Griffin Athletic Contract \(Policies, Procedures & Expectations\)](#) (Signed by parent and student, return last page)
3. [2020 Medical History/Physical Form](#) (must say 2020 in top right corner!):
 - Please see these [Pre-Participation Physical Eval Expectations 20-21](#) to understand if you need to turn in *both* the Medical History and Physical form or *just* the Medical History side of the form.
 - Medical History side: Filled out and signed by a parent and student
 - Physical side: Filled out and signed by a doctor
 - Be sure to use the updated [2020 Medical History/Physical Form](#) (2020 printed on top right corner!).
 - Must be dated after May 1, 2020.

Basketball Offseason Attire (What to wear the first week of school to athletics):

You will be provided Griffin Shorts and Shirt

Athletic shoes, White or black socks

No jewelry (No exceptions)

GMS Basketball Tryouts:

November _TBD_ during the class period and after school. Before school tryout times: 7:00 am – Class Period. Boys trying out are required to attend ALL tryout sessions.

Gator Cross Country, Track and Soccer General Information

CROSS COUNTRY

- Season: November through December, Parent/Athlete meeting: beginning of November (TBA)
- Sign-ups: mid-end of October
- Distances run: about 1.5-2.5 miles
- Boys and girls practice after school (usually 3:55-4:30 pm)
- Only athletes that are competing will travel on the bus to the meet (there will be qualifying times for each meet, based on time trials).

TRACK & FIELD

- Season: February through March, Parent/Athlete meeting: beginning of February (TBA)
- Sign-ups: mid-end of January
- Boys and Girls practice after school (usually 3:55-4:30/5:00 pm)
- Tryouts for each event will occur at the beginning of the season (this will be explained in detail at the Track parent/athlete meeting). Each school can only enter 3 athletes per event (per grade, per gender). Only athletes that are competing in an event will travel on the bus to the meet.
- Athletes will use practice time to improve on skills needed in order to be in the top three for each event and be entered to compete in the meet.
- The coaches will ultimately decide which event(s) each athlete will be competing in. The meet participants will be posted by event on the day before that week's meet in the athletic hallways.

SOCCER

- Tryouts: Mid/End of March, Parent/Athlete meeting: after tryouts are complete (TBA)
- One 7th grade team & one 8th grade team, 18 on each team
- Boys practice before school, Girls practice after school
- Sign-ups (to tryout) will be posted towards the end of February

Please contact the coordinator with any questions:
Chris Beran -- Boys Coordinator -- beranch@friscoisd.org