

Athletics Offered

In-Class Sports

- Volleyball
- Basketball
- Track & Field

Before/After School Sports

- Cross Country (Fall, After school)
- Soccer (April, before school)
- Tennis (Fall & Spring, In Class & after school)
- Swimming/Diving (In Class, Before school at COM)
- Cheer (Tryouts in March prior year, After school)

Athlete Expectations:

- 🏠 Excel academically and athletically
- 🏠 Show discipline, respect, teamwork
- 🏠 Be a role model on and off the field/court

Athletic Requirements:

🏠 Physical Exam

- Use **MISD 2026–2027 Physical Examination**
- Must be completed **AFTER APRIL 1ST** and **before first day of school**
- Form available on [Midland ISD website](#) and Abell Website
- Complete online forms via [RankOne](#)

🏠 Athletic Clothes

- Required for girls athletics, cross country, tennis, and soccer
- **Rent for the year** (option to purchase extra sets)
- **OPTIONAL: Must order before June 11th in order to receive clothes before school starts.**

🏠 Locker Info

- Locker provided **after physical is submitted**
- You may bring your own **combination** lock (no keys)
- Turn in combo to Coach Willis

Tryouts:

- **Physical & RankOne paperwork must be uploaded** to try out for any sport.
- **Athletic clothes required** (no spandex during class).
- **Volleyball Tryout Dates:**
 - *First week of school*
 - *7th grade-AfterSchool*
 - *8th grade- Before School*

*Basketball tryouts will be after volleyball season. Track & Field tryouts will be after basketball season

🏃♀️ OTHER SPORTS INFO

Cross Country

- Practice: M–F | 7:00–8:00 AM
- Parent meeting (TBA)


Tennis

- Separate class required
- Practice After School



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Swimming/Diving

- Tryout info TBA
 - Must have transportation to COM
- 
- steven.flato@midlandisd.net

Soccer

- Tryouts in April
- Before-school practice

Cheer

- Team selected last spring
- Next tryouts: **March 2027**

SUMMER CAMPS

Strength & Conditioning Camp

- Starts: Week of June 1 – July 30
- TBA
- FREE! Must have a Physical & RankOne paperwork required to participate
- Volleyball & Basketball Skills

Legacy HS Camps

- Strongly encouraged
- Info online via MISD WEBSITE

ATHLETE CHECKLIST

- MISD Physical Packet (signed) and uploaded to RankOne
- RankOne online forms complete (all 4 of them)
- Buy athletic practice clothes (optional)
- Know how to open a combination lock (you can bring your own)
- Be prepared for volleyball tryouts the first day of school (if applicable)
- Download SportsYou App
- Attend SAC Camp this summer (optional)

Questions?

 Contact:

Coach Tamara Willis

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Abell Girls Athletics 2026–2027

*Welcome to the Abell
Eagles Family!*

 **Stay Informed**

**DOWNLOAD the SportsYou
AppTeam Code: 7DL9JGH9**

For all updates, schedules, and alerts.