MS Parent FAQ

Summer Strength and Conditioning

Who is this for?

- Any athlete but especially for kids wanting to participate in MS football, basketball or track

When and where?

- This camp will be held at the HS athletic facility. You can drop them off in the student parking lot on the south side of the building and kids will enter the indoor facility. We will begin at 8:15 and end at approximately 9:45. Times might be adjusted depending on number of athletes attending

What does he need to bring?

- He needs to wear the shirt and shorts he wants to work out in. He needs cleats and tennis shoes, but if he does not have cleats just tennis shoes are fine. He can bring water. HE HAS TO KEEP UP WITH HIS STUFF AND REMEMBER IT EVERYDAY WHEN HE LEAVES.

What will they be doing?

- MS kids will be lifting, running and working on skills. Our intent is to make this fun.

I do not want my MS kid lifting heavy weights.

- We focus on the foundations and techniques in the weight room. They will not progress in weight until they have good technique. At that age we are not concerned about the amount of weight we are concerned about bar speed.

What will the running and look like?

- We will do stations and different drills looking for max speed and full recovery. Our intent in to provide speed training. We want to increase speed and quickness, not necessarily endurance.

Will he be working out with the older kids?

- No. His group will be incoming 7^{th} and 8^{th} graders and possibly a few 9^{th} graders. He will not be with the older kids unless it is a unique situation

What does this camp cost?

- Nothing. Our school district and coaches want to provide every opportunity for your son to improve

What if we are out of town?

- Absolutely no worries. We want kids to enjoy their summer. We want families to go out of town and be together. We ask our kids to be here if they are in town. They need to come if they plan on playing MS sports instead of sleeping in or playing video games

If my son does not come to summer strength and conditioning can he participate in sports next year.

- Absolutely yes, but over the years we will ask for more of a commitment and those that come will end the summer stronger and faster than they are now. Coming to the camp and working out is to his advantage.

What if my son works out at another place.

- That is fine, but as he gets older we will want him working out his teammates and his coaches. The best teams' workout together. The coaching staff wants to be around him during the summer making a relationship with him and see his improvement.

Summer Sport Specific Camps

What camps are offered?

- Football July 24-26
- Basketball
- Soccer June 13-15
- Baseball

What is the benefit of the sport specific camps

- We will not only work skills, but we will also work offensive and defensive install. They will learn plays that will give them an advantage over the kids that do not attend.

What do these camps cost?

- $50

Do I need to pay early or can I pay the day of the camp?

- We would like to preregister as many kids as possible, but we will take registrations the day of.

What does he need to bring?

- He needs to wear the shirt and shorts he wants to work out in. He needs sports specific shoes, cleats or gym shoes and sport specific equipment required. Ex. Shin guards for soccer, bat and glove for baseball.

MS Athletics

What sports are offered at the Middle School?

- Boys sports offered are football, basketball, track, cross country and tennis

Is there an athletic period during the school day?

- Yes 8th graders will be in 5th period athletics and 7th graders will be in 8th period
- The athletic period is designed for kids participating in football, basketball and track
- Tennis and cross-country athletes will not be in the athletic period and will practice before or after school

Can my son be in the athletic period if he is not participating in football, basketball or track?

- Unfortunately, no. We do not have enough facilities or supervision to allow anyone into the athletic period. They must participate in football, basketball or track.

When will my son practice?

- 8th grade football and basketball practice will be before school and during 5th period
- 7th grade football and basketball practice will be 8th period and after school.
- All track practice will be after school and during the athletic period.

Do I need to buy my son any equipment?

- Only the proper footwear. Cleats for football and track and gym shoes for basketball.

When date does practice start?

- Football and cross-country will start the first day of school. Basketball will start immediately after football season and track will start immediately after basketball season.

Is there any paperwork required before participation?

- A physical from the doctor is required once a year before participation. Every spring we offer free physicals. If your son did not get a free physical this May he will need to have one before participation. Our suggestion is to make the appointment early. The summer doctors' appointments fill up quickly so please make the appointment ASAP.

- Along with the physical you will need to fill out several online papers. These papers include athletic handbook, UIL forms, emergency contact info and an emergency card and a consent form for pictures. To find the paperwork go to www.student.bigteams.com Students and parents should have a login. If you can get in please reach out to our trainer a dandrews@caddomillsisd.org

Does athletics have a way to communicate with parents and athletes?

- Yes, we will use the SportsYou app and that information will come home with your son the first day of school

What is the process if my son is injured.

- If your son has a muscle, tissue or joint injury we suggest you see one of our trainers before you go to the doctor. They are available before school at the High School or can come to your sons' athletic period. Our trainers will rehab and get your son back on the field as soon as possible. Our trainers will refer you to a sports doctor if you son needs to be seen.

If my son is injured during an athletic practice or game does the school have insurance?

- Yes, but it is only a secondary insurance. You will use your primary insurance first.

Why do the coaches talk to my son about running track?

- It is our athletic philosophy track is vital to creating a well-rounded, strong, fast, mentally tough athlete. Your son will practice track during the athletic period and he will be encouraged to participate in after school practice. Track meets are unique. We are there several hours a day which gives us the opportunity to develop a better relationship with your son. Track also allows us to see him compete by himself. Winning a track race is not the most important thing, learning to compete is.