

Pre Athletics Dowell Newsletter

Dear Dowell Athletic Families,

We are excited to welcome you to a new school year! Please read the important information below. We have a lot of information listed at the bottom for your general knowledge. In regards to our heat policy we are Class 3 and use the WX sentry as our heat guide and adhere to it. This is in compliance with the UIL athlete safety is always first. Important to note that the number at the bottom is not the actual “temperature” outside. Also your student athlete will take home their preathletics contract to be signed. A copy of the expectations are found here. Please have this turned in by Wednesday of this week.

[Pre Athletic Expectations](#)

Pre Athletic August Newsletter



Plan for the Week (August 18–22)

Day	Practice Info
Monday	Workout teaching bodyweight movement progression
Tuesday (MAP TESTING)	Movement (form/general conditioning) No Class
Wednesday	Workout
Thursday (MAP TESTING)	Workout No Class
Friday	Movement (Skills throwing/catching)

Athletic Wear & Equipment

Our Booster Club has been working hard to fill athletic wear orders for over 500 athletes across all teams. Special thanks to Mrs. Balfe and Mrs. Beckerley for volunteering their time to process orders.

- All athletes are required to dress out for practice, even if their official athletic wear hasn't arrived yet. Blue workout attire is expected.
- If you haven't placed your order yet, please use the athletic wear order link below.

Social Media Pages

https://x.com/DMS_LionsAth

https://www.instagram.com/dms_lionsath/

[Join Us On Sports You OFFICIAL COMMUNICATION FOR BOYS ATHLETICS AND UPDATES](#)

Access Code- ERD6-QXZJ

Final Notes

We've had a great start already including helping students with their locker combinations! We look forward to an exciting year full of growth and success.

Thank you for your support. We hope to see all athletes and families at the Parent Meeting on Monday at 6:00 PM!

Go Dowell!
Coach Robinson





DOWELL MIDDLE SCHOOL

ATHLETIC PARENT MEETING

ATHLETE/PARENT MEETING

DMS MAIN GYM



6:00 PM - ALL SPORTS

XC, FB, AND VB,
TO FOLLOW

Scan the QR code to register your attendance.

PLEASE MARK YOUR CALENDARS ON AUGUST 18TH FOR OUR ALL SPORTS ATHLETE/PARENT MEETING!

At 6:00PM Dowell Coordinators and staff will welcome Dowell families and share updated sports guidelines for the school year. Immediately following, athletes/parents will transition to general Cross Country, Football, and Volleyball meetings if interested.

For more information contact Coach Dorsey or Coach Robinson for more details if needed.

#BETHESTANDARD
#FRAMILY

WBGT Activity Guidelines

Class 3	Class 2	Activity Guidelines
< 82.0	<79.7	Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.0 - 86.9	79.7 - 84.6	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.0 - 90.0	84.7 - 87.6	Maximum practice time is 2 hours; For Football: players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 92.0	87.7 - 89.7	Maximum practice time is 1 hour; For Football: No protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 min of rest breaks distributed throughout the hour of practice.
≥92.1	≥89.8	No outdoor workouts. Delay practices until a cooler WBGT is reached.

Values in the above chart are WBGT measurements (not temperature or heat index measurements).

SUIT UP, LIONS - ATHLETIC WEAR REQUIRED



ORDER ANYTIME: AVAILABLE ALL YEAR LONG FOR ALL ATHLETES. ORDER AT DABC.MEMBERSHIPTOOLKIT.COM



REQUIRED: EVERY STUDENT IN ATHLETICS MUST HAVE IT



DELIVERY: ORDERS GO TO YOUR ATHLETE'S COACH DURING THEIR ATHLETIC PERIOD



WEEKLY FULFILLMENT FILLED BY OUR AMAZING BOOSTER CLUB



2025-2026 DOWELL ATHLETICS SPIRIT WEAR

SHOW YOUR LION SPIRIT AND GET YOURS NOW!
PREORDER DEADLINE FOR FOOTBALL, CROSS COUNTRY AND VOLLEYBALL IS WEDNESDAY, AUGUST 27TH

