

Harwood Seventh Grade Boys' Athletics



REQUIRED PAPERWORK

To be in the Athletic period ALL student athletes are required to complete an **ATHLETIC PHYSICAL** and the **UIL Sports Participation Packet**. The **Medical Forms** and **UIL Packet** are online at <https://hebisd.rankonesport.com/New/Home.aspx>. Parents will need their insurance card and about 15 minutes to complete the forms from any computer, smart phone or digital device that connects to the internet. The Parent portion of the Medical Form can be completed before printing. The Physical and UIL Packet must be completed after April 1, 2021 and before the first day of school. All **SPORTS LISTED BELOW REQUIRE A PHYSICAL**.

HARWOOD SPORTS

Football: Is a no cut sport with four teams in the 7th grade maximizing your opportunity to participate this year. Practices begin for those who have all the paperwork in order on the second day of school at 7:30 a.m. with the back door of the locker room opening at 7:15 a.m. Game days are usually Monday starting approximately week 4 of the school year. All students who wish to be in athletics year round **must** play football. Practice and games are mandatory for all athletes.

Basketball: Is a cut sport with tryouts that begin immediately following the conclusion of football season (early to mid-November). Coaches will select two teams (A, B) of up to 25 players total. Practices begin at 7:30 a.m. and continue through first period. Students wishing to play **basketball only** should not sign up for athletics. Once you make the team you will be transferred to athletics from PE.

Off-Season: Immediately following football we begin strength and conditioning training for athletes not in season at Harwood. Coaches teach proper lifting techniques and agility drills designed to help all athletes get bigger, stronger, faster. Our main lifts are Clean, Front Squat and Bench combined with core lifts and exercises for a well-rounded program.

Cross Country: Cross Country begins immediately following football. We have two squads A & B and anyone who wishes to run CC may do so, including those in basketball. Practices are after school for approximately 45 minutes and Meets are usually Tuesday's at 4:30 p.m.

Track: Track begins in late February following basketball with after school practice. We desire that all 7th grade athletes come out for track. There are 50 slots available on the team and we'd like to use as many athletes as possible to fill each of these. Meet days vary.

Tennis: Tennis is open to all 7th and 8th graders and is an **AFTER SCHOOL ONLY** club sport. Practices begin in January after school with matches beginning in February and continue through late March.

Camps: Each summer there are camps for incoming 7th graders like the **Trojan Strength & Conditioning Camp** and **Trojan Basketball Camp**, both are at Trinity. Information for all camps will be available on the Harwood Athletic News webpage.

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Year Round Athletics: Is currently football only. **Cross Country, Track or Tennis Only** athletes should not enroll in athletics for the fall.

STAYING INFORMED: Boys athletics uses our REMIND (our primary), Sports Page, CLASSLINK, SCHOOL EMAIL and RANK ONE to keep parents and players informed of important information concerning Football, Basketball, Cross Country, Track and Off-Season. Sign up for REMIND using one of the methods below.

Pick a way to receive messages for 2022-23 HJH Seventh Grade Boys:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/coach2028

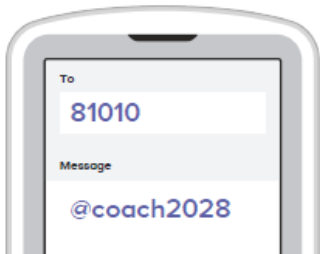
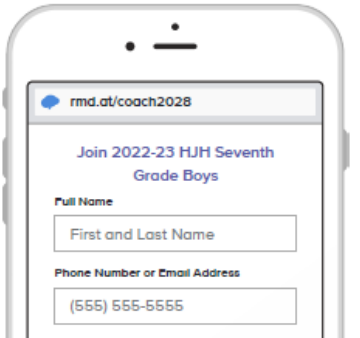
Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

B If you don't have a smartphone, get text notifications.

Text the message @coach2028 to the number 81010.

If you're having trouble with 81010, try texting @coach2028 to (484) 393-4287.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/coach2028 on a desktop computer to sign up for email notifications.

- **ATHLETIC GAME SCHEDULE:** Are posted on the athletic website & campus calendar. Athletic links to the schedules are...
 - [Athletic Schedules](#) (maintained by coaches on RANKONE)
 - [SWEET 16 \(7th & 8th\) VB, BB, & FB Standings](#) (maintained by AD's Office)
 - Updates to the schedules are shared through REMIND when they are of an urgent nature. (IE. Cancellations due to weather, time/location changes, ticket information changes, etc.)