ATHLETICS 2022-2023
Parent Meeting
(May 2022)

Getting ready for next year...
BOYS STAFF
Mark Eilers
Robert Smith
Jason Strilzuk
Ruben Soliz

GIRLS STAFF
Kayla Abrams
Krista Eaton
Billy Golden
Riley Livingston
Shannon Luttrell
Follow us on Twitter: LTMS Knights Athletics @LTMSAthletics

Kayla Abrams @CoachAbramsLTMS - Apr 29
Today our 8th grade group had the pleasure of having soon to be senior & former LTMS Knight "THE" Brooke Davis come to talk to them about making the transition from middle to high school & how to manage being a multi-sport athlete!!! ❤️❤️❤️
Thank you so much Brooke we love you!

LTMS Knights Athletics @LTMSAthletics - May 3
Last regular season soccer game tonight vs HB. Go Knights!

LTMS Knights Athletics @LTMSAthletics - May 3
Congratulations to the tennis team for getting the win on Monday. These kids continue to compete and improve each week.
The booster club plays an important part in our athletic program.
  - Funds generated help pay for equipment or services that do not always fit into the budget.
  - Parent volunteers working the concession stands, assisting on game days, coordinating pre-game meals for workers and coaches are a few examples of the contributions the booster club makes.

Parents are asked to support the booster club in the fall. Opportunities to donate and/or sponsor LTMS athletics will be available in August.

LTMS Booster Club Committee - Anila Cardyn, Brooke Whitten, Matthew Lucero, Meggan Crow.

Thank you for your support!
WIN WIN
Support the LTMS Athletic Program and have a chance to win a $250 P2P gift card.
You can buy one ticket for 5.00 or five tickets for 20.00.
(Click Here to purchase your tickets)

Sale ends Friday May 20th. The card will be awarded Monday May 23rd.
To Do LIST....

• **Athletic Participation Forms** - Our Goal is to have all Online Participation Forms and ECC forms submitted by Friday, May 27th.

• **LTISD Summer Camps** - It is very important to stay active over the summer.

• **Athletic Gear Online Store** -
  ○ Sunday, May 29th, 2022 (11:59pm CDT)
  • Extra uniforms will not be available in August or September.
  • A second order will be taken in August but it will not arrive before school starts.
LTMS Athletic Game Schedules 22-23 (All Sports) - It can always be found on the LTMS Athletics website.

Playing multiple sports and preparing your child for the upcoming year.

Locks - LTMS Athletics will provide locks for athletic lockers but you may bring your own locks. Many kids find it easier to bring their own than to use ours.

Football Gear - We provide everything except socks and cleats. If you bring your own helmet and or shoulder pads they need to be checked by Coach Eilers. Helmets must be white with red face mask. Helmet recertification is recommended 2020 or later unless it is in good working condition and less than 10 years old. Check with Coach Eilers if unsure.

Volleyball - nothing needed for tryouts other than a good pair of shoes.

Cross Country and all athletes - You need running shoes.

Questions?
The LTMS Athletic Program

Philosophy
UIL Athletic Plan
Athletic Program Outline
Policies
Athletic Period Expectations
The Student Athlete
Coaching Staff Expectations
Parent Involvement
Students who are involved in extracurricular activities are generally:

1) more successful academically; 2) more engaged in the broader educational experiences of their school; and 3) learn to invest their own time, talents and energy on behalf of endeavors that require sacrifice, discipline and teamwork—all beneficial lifelong values. Simply stated, academic and extracurricular programs are not mutually exclusive. Yes, academics must have first priority, but both programs can and should compliment each other. When the proper balance and relationship between the two exist, wonderful things can happen for students.
LTMS Athletic Program

- Sports offered: football, volleyball, cross country, basketball, track, soccer, golf, and tennis
- Instruction is aligned with the high school. MS and HS coaches work together to develop a structured program specific to each sport.
- Football, volleyball, and cross country start the year. Basketball is next and then we move into track. Soccer, golf, and tennis finish out the year.
- Students can participate in cross country, soccer, golf, and tennis without being in the athletic period.
- Football, cross country, and track do not have a cut but entries for cross country and track are limited. All other sports do have cuts and tryouts will precede the season.
- Intramural Programs - We will do our best to establish an intramural program for each sport that has a cut. This will depend on coaches schedules and facility availability.
- Athletic Period: 7th Girls 1st Period, 7th Boys 8th Girls 3rd, 7th Boys 4th, 8th Boys 7th. Athletes need to be dressed and ready every day.
- Practice times for football, volleyball, & X-country will be posted in mid August. Typically 7th grade football, All VB, all Cross Country are before school and 8th football grade after school. Winter and Spring sport practice schedules posted prior to the season. All finalized game schedules have been posted.
- LTMS sports will come before any other outside activity such as a club sport. Missing practice or a game due to non school/UIL activity can result in removal from that sport. Most school and club/outside activities work side by side to allow the students to participate in multiple sports. Talk with your coaches if you think there will be a conflict.
- This is a 10 month obligation. Students who do not make a team that is in season will go into an off-season workout program that is conducted during the period only.
General Athletic Policies

- No Pass, No Play. If a student has a failing grade at the first six weeks or at any of the nine week grading periods they become ineligible. This is typically for a minimum of three weeks.
- Student athletes will be provided training in recognizing symptoms of injuries, including head and neck injuries, concussions, asthma attacks, heat stroke, cardiac arrest and injuries requiring use of an AED, and the risks of using nutritional supplements.
- Doctor’s notes are required. If you go see a doctor bring us a copy of the note. Ask the doctor to be specific on what exercises can or can not be completed. Example: No lower body exercises for two weeks.
- If a concussion is suspected the UIL Return to Play Concussion Protocol is implemented.
- There are penalties for missing practice for unexcused reasons. Email or call your coach if possible.
- Follow the Dress Code: Dress appropriate at all times in athletics and at school.
- Hair length policy for the boys is enforced all school year. Boys should have their hair out of their eyes, it should not completely cover the ears, and should be off the collar. https://www.ltisdschools.org/Page/2332
- There are consequences for ECC violations, ISS, referrals, and other infractions on or off campus.
- Cell phone use is never allowed in the locker rooms.
- Transportation – Players will ride the bus to and from a contest unless the head coach permits alternative transportation.
- Athletics is a privilege and it can be taken away.
- PE Waivers are not allowed once the school year starts.
- UIL rules must be followed.
Athletics - Daily Expectations

What is expected from the athlete?

- **DEDICATION** - The want to work out every day and give it their BEST effort.
- **ATTITUDE** of a champion. This attitude drives them to compete and put in the time and effort to improve as an athlete.
- **ACCOUNTABILITY, LEADERSHIP, PRIDE**
- **COMPETE** and take advantage of opportunities provided.
The Student Athlete

- Meet or exceed daily expectations in athletics and in the classroom.
- We want students athletes to have a positive attitude, strong work ethic, and the ability to display great sportsmanship/character.
- We are here to participate and so plan on playing multiple sports. Stay engaged in the competitive or intramural sports offered at LTMS during the course of the year. There is no reason to specialize at this level.
- Time Management: Athletes need to get to class and practice on time. They also need to make sure they are allowing enough time at home to get homework completed. Athletics is never an excuse for not getting school work completed.
- Take PRIDE representing your school, family name, and community.
- Take advantage of maximizing your potential.
- Work Hard, Play Hard, Have Fun
We are devoted to the development of your child, physically, mentally, socially and emotionally.

We will be firm but fair. Coaches will do their very best to clearly communicate expectation and consequences.

If we expect athletes to give 100% every day than coaches need to give 100% everyday. We know as coaches that we need to lead by example.

Coaches will communicate weekly during the season to keep you informed.

Coaches will address any concerns you have. Feel free to call or email at any time.

Last but not least is safety. Injuries will occur and we will do our best to address them.
**Parent Involvement**

- Please support the players and the coaches on and off the field or court.
- Help monitor grades, have players here on time, and come up with an organization plan for your son or daughter.
- A proper diet needs to be established at home. Limit the foods that provide little or no nutritional value.
- Proper hydration is very important. Drink the proper fluids when at home.
- Behavior at games. Please leave the officials alone. If you are removed from the game there are consequences. You are reported to the district and the UIL. You can be banned from attending extracurricular activities.
- Parent UIL Manual is available on the LTMS athletic website.
Student entrance for early morning practice

Do Not use Bus Loop after 8:00am or before 4:15.
See you in August!

- Updates will be posted on the LTMS and emailed.
- Email eilersm@ltisdschools.org over the summer if you have questions.
- We plan to meet again in mid August to provide more details about football, volleyball, and cross country.
- Have a Great Summer!