Athletics at a Glance

Sports offered (\*major sports):

|  |  |  |
| --- | --- | --- |
| Football\* | Basketball\* | Tennis |
| Volleyball\* | Track and Field\* | Golf |
| Cross Country | Soccer | Swimming |

- If your student wants to be in Athletics, they must try out (not necessarily make the team) for at least 2 of the major sports provided.

- If your student is not interested in trying out for at least 2 of the major sports, then they do not have to be in Athletics and can come after or before school to try-out and practice for the sport of their choice.

Before a student can try-out for a sport or participate in Athletics:

**Sports Physical** (Done by physician & turned into campus)

**Medical History Form** (Done by you and your student & turned into campus)

**Four Online forms**

*Step-by-step for Online Form Completion*:

-Go to rankonesport.com

-Click “Parents click here: online forms, schedules, and more!”

-Find Online forms and click “Go to Forms”

- Find Texas > Click KilleenISD

-After reading the instructions, “Click here to proceed to online forms”

\*You can make an account or continue as a guest to complete the

online forms, forms will be saved electronically with your student’s ID

Grade Level Participation: Must be a 7th or 8th student

Uniforms/Athletic Clothes: We will provide these items for the athletes

Lockers/Lock: We will provide a locker for the athletes, if the athlete brings a lock to secure their belongings. No lock, no locker.

Coach Earl Dix – Boys Athletic Coordinator earl.dix@killeenisd.org

Coach Angela Elliott – Girls Athletic Coordinator angela.elliott@killeenisd.org

**Physical Education at a Glance**

**Welcome from the PE teachers! (From left to right: Coach Dix, Coach Dix, Coach Elliott)**

# PE Uniform: (No Color Restrictions)

**T-Shirt** – short/long sleeved (no V-necks)

# Shorts/Sweatpants – (within dress code)

**Shoes** – no slides, sandals, or crocs will be permitted for safety reasons. **Long Hair** – hair that touches the shoulder will be pulled back, so it does not cause safety concerns with vision during activities. (Regardless of gender)

# \*No Tights or Yoga Pants

\*Gym shorts and pants must be worn correctly, with no sagging

\*Shirts will be tucked into shorts to prevent skin exposure and for safety purposes

\*The student’s name should be written on their clothing items so that if they lose them, we will be able to return them

# Jewelry:

*For safety reasons*, students are not allowed to wear lanyards, necklaces or rings in P.E. Earrings, bracelets and watches are also not encouraged. Coaches are not responsible for lost or damaged items.

# Lockers:

Students can receive a locker once they have brought their own lock in to secure their belongings. No lock, No locker. Please DO NOT send military locks.

# Perfumes/Cologne/Sprays:

Body sprays, perfumes, cologne, etc. are not allowed in the locker room due to various student allergies. These items will be confiscated if used in the locker room. Spray deodorant is acceptable.

# Notes to Sit out:

***Written/Typed parent note*** – up to 3 days, anything more will require a Dr’s note

***Dr’s note*** – length and restrictions will be determined by the physician

\*Notes should include the date, student’s name, a phone number and name to

contact if/when questions may arise

**NO GUM** in the gym or locker rooms.