



2019 - 2020 Middle School Athletics Information

[Please check out our website for more information – www.shelton.org/athletics](http://www.shelton.org/athletics)

Introduction to the Athletic Administration Team:

Athletic Director: Freddie Jones fjones@shelton.org

Assistant Athletic Director: Aasha Marietta-Coleman amarietta@shelton.org

Athletic Administrative Assistant: Kelly Hall khall@shelton.org

Head Athletic Trainer: Krystal Cunningham kcunningham@shelton.org

Frequently Asked Questions:

1) What sports are offered at Shelton and what grades can be involved in 2019-2020?

6th Grade:

- 6th graders will be allowed to participate in all of the following individual sports at Shelton:

SEASON	6 th GRADE
Fall	Boys and Girls Cross Country
Spring	Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

- For 6th graders in team sports at Shelton:

SEASON	6 th GRADE
Fall	Girls Volleyball (see below)
Winter	Girls Basketball (see below) Boys Basketball (see below)

- 6th graders can be added to Girls Volleyball or the Boys or Girls Basketball rosters, as needed, to form an entire school team. However, tryouts will determine who makes the team.
- If there is no room for 6th graders in our team sports, teams could be organized outside of Shelton Athletics. Please see the Athletic Department for details on the particular sport of interest.
- **There will be no 6th grade participation in Football, Soccer or Baseball.**

7th and 8th Grade:

- Many sports are combined for the 7th and 8th grade. The following individual and team sports will be offered to these divisions:

SEASON	7 th & 8 th GRADE
Year-Round	Girls Cheerleading
Fall	Boys and Girls Cross Country Boys Football Girls Volleyball
Winter	Girls Basketball Boys Basketball Boys Soccer (Possible Co-ed)
Spring	Boys Baseball Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

2) Are there “tryouts” and “cuts”?

- The Athletic Department will try to avoid cuts, as possible, however, teams will be formed based on standards, skill level, and/or grade. Thus, in some instances, tryouts and cuts may be required.
- Further, if a child is unprepared to participate in a sport and we feel this could be a safety issue, we may have to come up with an alternate plan.
- For all grade levels, there will be standards to make certain individual sports:
 - The standard for Boys and Girls Cross Country will be 20 minutes for 2 miles.
 - The standard for Girls Track and Field athletes will be 3:00 minutes in the 800m and 1:20 in the 400m.
 - The standard for Boys Track and Field athletes will be 2:50 in the 800m and 1:15 in the 400m.
 - Boys and Girls field events will be at the discretion of the coaching staff, as participation in these events pertain to the safety of the athlete.

- There will be tryouts for team sports:
 - Teams will be selected based on player ratings comprised of basic knowledge of the sport, fundamentals, and skill level
 - Basketball and Volleyball teams will consist of 10-12 players
 - Baseball and Soccer teams will consist of 15-20 players

-- We encourage all athletes (all grade levels) to participate in Shelton's Summer Sports Camps to prepare to make our teams--

3) How do I register for a particular sport?

- Parents must register students online for each sport on the Athletics' webpage: www.shelton.org/athletics

4) What paperwork is required for participation?

Physicals:

- **For all grade levels, physicals must be done each year** to participate in athletics and must be completed **prior to the 1st practice or tryouts.**
 - A copy of these physicals can either be emailed to khall@shelton.org, faxed to the Athletic Department via 972-761-1603 or handed in directly to Mrs. Kelly Hall.
 - These physicals will be shared with the school nurse and **you must use the Shelton form for Physicals.** For Middle School, either the Shelton Health Form **OR** the TAPPS Physical Form (which is the form required for Upper School) are acceptable. Both of these forms can be downloaded and printed from the 'Athletic Paperwork' tab on the Athletics' webpage: www.shelton.org/athletics.

Online Athletic Forms:

- **All other required Athletic Forms are now completed online.**
 - The Athletic Department no longer accepts hard copies of these forms.
 - For directions and access to the online paperwork, please go to the 'Athletic Documents' tab on the Athletics' webpage.
 - **These online forms will be available in July for the new school year** and this paperwork is only done once during the school year.

Concussion Testing:

- Prior to the athletic season, all 6th and 8th grade athletes and untested athletes in 7th grade will be required to take the **baseline ImPACT test.** This test must be completed **prior to the 1st practice or tryouts.**
- This computerized testing is offered on a few occasions on the Shelton campus (in the late Spring and early Summer). The testing is also offered at the Texas Health Concussion Center in Plano. Shelton pays for testing at this location, so there is

no cost to parents for a baseline test. For more information, please check out the ‘ImPACT Testing’ tab on the Athletics’ webpage.

5) Can my child play more than one sport in a season?

- We encourage athletes to play as many sports as they can handle. However, athletes are not allowed to participate in two sports in the same season.
- Students in good academic standing and with no behavior or detention issues may participate in more than **one** sport in a season, so long as **one** is a team sport and the other is an individual (provided there are no significant schedule issues).
- Cheerleaders are welcome to join other sports programs as long as the Sponsor, Coaches, and Athletic Director are in agreement prior to joining.
- Shelton sports should take priority over any outside programs.

6) What is the No-Quit Policy?

- Athletes take on a responsibility when they agree to participate on Shelton’s athletic teams. Thus, the **no-quit policy** sets a cut-off date of the 1st date of competition for when athletes may drop a sport without being penalized.
- In the event that an athlete chooses to quit or is dismissed from a team after the 1st competition, he/she will not be eligible to participate on another team in that same season or in a sport the following season.

7) When are the practices, games, and how long are the seasons?

- Please see the chart below:

SPORT	START	END	PRACTICES	GAMES	LEAGUE
Girls Cheerleading	8/12	-	M,W 6:45 AM	TBD	-
Boys and Girls Cross Country	8/05	Mid Oct.	M-Th 6:30 AM	Sat	Individual
Girls Volleyball	Mid Aug.	Late Oct.	M-F 3:30-5:30 PM	M/Th	TAPS
Boys Football	8/12	Late Oct.	M-Th 3:15-6:00 PM	Th	Individual
Girls Basketball	Early Nov.	Mid Feb.	Tu,W,F 6:30 AM	M/Th	TAPS
Boys Basketball	Early Nov.	Mid Feb.	Tu,W,F 6:30 AM	M/Th	TAPS
Boys Soccer (Possible Co-ed)	Early Nov.	Mid Feb.	M-F 3:30-5:00 PM	M/Th	TAPS
Boys and Girls Track	Mid Feb.	Late Apr.	M-Th 3:30-5:00 PM	Tu/Th	Individual
Boys Baseball	Late Feb.	Early May	M,W 3:30-5:30 PM	M/Th	TAPS
Boys and Girls Golf	Early Mar.	Late Apr.	TBD	TBD	Individual
Boys and Girls Tennis	Mid Feb.	Late Apr.	TBD	TBD	TAPS

- Each Shelton coach/designee is responsible for notifying parents and players of practice and game schedules. However, **the Shelton website is the best source of game schedules and locations.**
- **Be aware schedules can change.** Thus, whenever in doubt, contact the Athletic Department.

8) Where are the practices and games?

Practices:

- In general, Football, Soccer, Baseball, and Track practice across the street at the Shelton Field. However, Track does operate on a rotation with the Upper School to utilize an offsite track and Campbell Green Park.
- Basketball and Volleyball will practice in the Shelton Gym.
- Cheer practices in the Shelton Dining Hall, Tennis and Golf TBD, and Cross Country at Campbell Green Park.

Home Games:

- Baseball and Soccer games are played across the street on the Shelton Field.
- Volleyball and Basketball are played in the Shelton Gym.

9) Are we in Middle School Sports Leagues? What schools do we play?

- Shelton plays in a Middle School Dallas area Athletic League called **TAPS (Texas Association of Private Schools)** for most sports.
- TAPS is the governing body over Baseball, Basketball, Volleyball, and Soccer, and has Division I and Division II programs throughout most of our member schools. Cross Country, Football, Track, Tennis and Golf compete with many schools in and out of this TAPS league.
- The **TAPS** schools currently include Alcuin, Good Shepherd Episcopal School, Inspired Vision, Levine Academy, Dallas Lutheran, McKinney Christian, Parish Episcopal, Prince of Peace Christian School, Providence School, St. John's Episcopal, and Grapevine Faith.
- However, we also play some **non-TAPS** Middle Schools in the area such as Greenhill, Hockaday, Lakehill Prep, Legacy Christian, St. Marks, Dallas Covenant School and Trinity Christian Addison.
- In many cases, we try to play the same schools as we do in our Upper School programs.

10) Are we going to get...MS Swimming, Hockey, Lacrosse, Fencing or Crew?

- We generally only offer sports in the Middle School that are played in our Upper School (currently with the exception of Swimming). As our Upper School sports are sanctioned by the TAPPS (Texas Association of Private and Parochial Schools) organization and our Middle School teams are in the TAPS League, we generally only play sports offered in those organizations.

11) How do Middle School athletes get to games?

- Smaller teams typically travel in Shelton mini-buses (driven by the coaches), however, for larger teams a charter bus may be scheduled.
- For some teams/events, parents are asked to drive their own athletes.

12) Do students come back to Shelton or can parents pick up our students from the game?

- Middle School parents may pick up their student from the competition location as long as the parents have informed the coach via email prior to the event.
- Otherwise pickup for athletes will generally occur at Shelton and timing of arrival will be communicated by the coach/designee.
- Please be mindful that coaches may not leave school until all students on their teams are picked up.

13) What do athletes wear for practices and games?

- **Each sport will be required to wear the Shelton practice gear for practices.**
- Most sports are issued a game uniform by the Athletic Department which will be checked out to the athlete and checked back in after the season is over.
- Any gear that is purchased by parents will be the property of the students.

14) What are your thoughts on sports drinks?

- **Water is still the best source of hydration.**
- Gatorade has less sugar and a higher degree of potassium than most sports drinks. However, Gatorade should be consumed after competitions (for replenishment) or during extended periods of practice only.
- Please check with our Head Athletic Trainer, Krystal Cunningham, or the coaches on hydration and what to drink or not to drink for your particular sport.

15) Can athletes have snacks before games?

- Yes. You may provide your child with snacks for practices and games.
- In some cases, a team will decide to collect a fee and snacks will be coordinated by a team Mom/Dad (with input from the coaches).

16) Where do we go in the event of an emergency or major injury?

- The Coach, Athletic Trainer or Game Administrator will determine and evaluate the severity of the situation and then take the proper procedures.
- Parents/guardians will be notified following the assessment with the plan of action.

17) Will my child get P.E. credit for playing sports in Middle School?

- No. Students do not receive P.E. credit for athletic participation until Upper School.

18) How do I get updates and find out about schedule changes?

- Electronic communication via the Facts SIS (*formerly RenWeb*) email system is Shelton's main form of communication to parents.
- Coaches/designees are responsible for communicating schedules and updates.
- In addition, up to date schedules should be available on the Shelton Athletics' webpage: www.shelton.org/athletics.
- If questions arise regarding schedules, please contact your Head Coach or the Athletic Department. Please do not call the Middle School Office regarding Athletic related questions.

19) The Chain of Command

- For issues or concerns, parents and athletes need to please contact the Head Coach first. Then, if you feel the situation calls for more administrative involvement, please contact the Athletic Director, Freddie Jones.
- However, if a player or parent approaches the Athletic Director prior to speaking with their Head Coach, they will be immediately referred to their Head Coach.
- If a player or parent approaches the Middle School Office, principal, Executive Director or Head of School before speaking with the Athletic Director, they too will be referred to the appropriate chain of command.