



2022 - 2023 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: Alan Burt aburt@shelton.org

Asst. Athletic Director: Michelle Rivera mirivera@shelton.org

Athletic Administrative Assistant: Kelly Hall khall@shelton.org

Athletic Administrative Assistant: Taiesha Olden tolden@shelton.org

Head Athletic Trainer: Krystal Cunningham kcunningham@shelton.org

Frequently Asked Questions:

1) What sports are offered at Shelton?

6th Grade:

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

SEASON	6 th GRADE
Fall	Boys and Girls Cross Country Girls Volleyball (offsite league)
Winter	Girls Basketball (offsite league) Boys Basketball (offsite league)
Spring	Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

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 and Girls 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”?

- Teams will be formed based on standards, skill level, and/or grade. Thus, in some instances, tryouts and cuts may be required.
- For all grade levels, these are the guidelines as to what to expect for certain individual sports:
 - Boys and Girls Cross Country - 20 minutes for 2 miles.
 - Girls Track and Field athletes - 3:00 minutes in the 800m, 1:20 in the 400m and 16 seconds in the 100m.
 - Boys Track and Field athletes - 2:50 in the 800m, 1:15 in the 400m and 14 seconds in the 100m.
 - 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 some 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 and will be on either D1, D2 or D3 teams.
 - Baseball, Soccer and Tennis teams will consist of 15-20 players. Cuts may have to be made.
 - There will be no cuts for football and golf
 - For Middle School Cheer, tryouts occur in March each year.

-- We encourage all athletes (all grade levels) to participate in Shelton's Summer Sports Camps to prepare to make our teams--
www.shelton.org/sportscamps

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. Registration opens 5/19/22.
- Deadlines for registration
 - Fall Sports - Jul 31, 2022
 - Winter Sports - Oct 28, 2022
 - Spring Sports - Jan 27, 2023

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 the physical 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. For Middle School, either the Shelton Health Form **OR** the TAPPS Physical Form (which is the form required for Upper School) should be used. Both of these forms can be downloaded and printed from the 'Athletic Documents' tab on the Athletics' webpage: www.shelton.org/athletics.

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**. It is recommended that ImPACT testing is completed during the summer months as there are limited sessions once the school year begins.
- On pre-determined dates, the ImPACT test is completed online from home. For directions and the link to sign up to take the test from home, go to the 'ImPACT Testing' tab on the Athletics' webpage: www.shelton.org/athletics.

Online Athletic Forms:

- **All other required Athletic Forms are 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 late-June for the new school year** and this paperwork is only done once during the school year.

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

- Students in good academic standing and with no behavior or detention issues may participate in more than **one** sport in a season, as 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. Please know the Cheer practices in the morning and Volleyball in the afternoon. This can be a large time commitment that everyone needs to be aware of. Football and volleyball games can occur on the same day.
- Shelton sports should take priority over any outside programs.
- If your child is participating in multiple sports, the coaches for each sport will work out potential scheduling conflicts.

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: (please note that these are guidelines - dates and times are subject to change)

SPORT	START	END	PRACTICES	GAMES (subject to change)	LEAGUE
Girls Cheerleading	8/8	-	M,W 6:45 AM	TBD	-
Boys and Girls Cross Country	8/15	Mid Oct.	M-Th 6:30 AM	Sat	Individual
Girls Volleyball	8/19	Mid Oct. + playoffs	M-Th 3:45-5:45 PM	M - Th	TAPS
Girls Volleyball (offsite league)	Early Sept.	Late Oct.	1-2 days/week	Fri - Sun	Sportsplex
Boys Football	8/10	Late Oct.	M-Th 3:45-6:00 PM	Th	Individual
Girls Basketball	Early Nov.	Late Jan + playoffs	Tu,W,F 6:30 AM	M/Th	TAPS
Girls Basketball (offsite league)	Mid-Nov	Mid-Feb	1-2 days/week	Fri - Sun	Sportsplex
Boys Basketball	Early Nov.	Late Jan + playoffs	Tu,W,F 6:30 AM	M/Th	TAPS
Boys Basketball (offsite league)	Mid-Nov	Mid-Feb	1-2 days/week	Fri - Sun	Sportsplex
Boys and Girls Soccer (Possible Co-ed)	Early Nov.	Late Jan + playoffs	M-F 3:45-5:00 PM	M/Th	TAPS
Boys and Girls Track	Mid Feb.	Late Apr.	M-Th 3:45-5:00 PM	Tu/Th	Individual
Boys Baseball	Late Feb.	Late Apr.	M-Th 3:45-5:15 PM	M/Th	TAPS
Boys and Girls Golf	Early Mar.	Late Apr.	-	varies	Individual
Boys and Girls Tennis	Mid Feb.	Late Apr.	2-3 days/week	varies	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 your team's coach.

8) Where are the practices and games?

Practices and Home Games:

- Tennis will practice at an off-site location.
- Volleyball and Basketball off-site leagues will practice at Shelton or the Sportsplex.
- All remaining sports teams will practice and play on the Shelton campus.

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, Levine Academy, McKinney Christian, Parish Episcopal, Prince of Peace Christian School, Providence School, St. John's Episcopal, Dallas Covenant School and Grapevine Faith.
- We also play some **non-TAPS** Middle Schools in the area such as Greenhill, Hockaday, Lakehill Prep, Legacy Christian, St. Marks, 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.

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 (grey shirt and royal shorts).** These can be purchased online on the athletics page of the website at www.shelton.org/athletics - look for 'Middle School' (highlighted in yellow) for the link.
- Any gear that is purchased by parents will be the property of the student.
- 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.

14) What are your thoughts on sports drinks?

- **Water is the best source of hydration.**
- Gatorade can be consumed for hydration purposes. However, after competition and/or extended periods of practice, Pedialyte is recommended because it has less sugar and provides twice the amount of key electrolyte sodium lost during activity.
- 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?

- Communication specific to a sport prior to the beginning of a season will be sent to those who have registered, so please make sure your student is registered.
- Electronic communication via the Facts SIS (*formerly RenWeb*) email system is Shelton's main form of communication to parents. Currently, **the 'SportsYou' app is being used as the texting option for last minute changes/communication.**
- Parents should expect a minimum of one email per week during the season from the coach. This email describes the schedule for the week.
- Coaches/designees are responsible for communicating schedules and updates during the season.
- Up to date schedules are 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.
- 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.

20) What if I have sport-specific questions, who do I ask?

- **Cross Country** - Coach Cecil Young at cyoung@shelton.org
- **Football** - TBD
- **Volleyball** - Coach Nya Matthews at nmatthews@shelton.org
- **Cheer** - Coach Tiffanie Keys at tkeys@shelton.org
- **Boys Basketball** - Coach Rochelle Vasquez at rvasquez@shelton.org
- **Girls Basketball** - Coach David Fletcher at dfletcher@shelton.org
- **Soccer** - Coach Felipe Suarez at fsuarez@shelton.org
- **Baseball** - Coach Quinton Haynes at qhaynes@shelton.org
- **Golf** - Coach Mark Lamoreaux at mlamoreaux@shelton.org
- **Tennis** - Coach Barbara Shlesinger at bshlesinger@shelton.org
- **Track & Field** - Coach Taiesha Olden at tolden@shelton.org