



**2019 - 2020
Upper School Athletics
New Athlete 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?

SEASON	GRADES 9 th – 12 th
Year-Round	Girls Cheerleading Girls Chargerettes Boys/Girls Mascots Boys Wranglers Student Athletic Trainers
Fall	Boys and Girls Cross Country Boys Football Girls Volleyball
Winter	Girls Basketball Boys Basketball Boys Soccer (Possible Co-ed) Boys and Girls Swimming
Spring	Boys Baseball Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

2) Are there “tryouts” and “cuts”?

- For all grade levels, there will be standards to make certain individual sports:
 - The standard for Boys and Girls Cross Country will be 22 minutes for 3 miles.
 - The standard for Girls Track and Field athletes will be 5:15 in the 1600m, 1:44 in the 600m, 1:05 in the 400m, 26.5 seconds in the 200m and 13 seconds in the 100m.
 - The standard for Boys Track and Field athletes will be 4:55 in the 1600m, 1:25 in the 600m, 55 seconds in the 400m, 24 seconds in the 200m and 11.8 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 certain 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
 - Girls Cheerleading
 - Girls Chargerettes
 - Boys/Girls Mascots
 - Boys Wranglers

-- 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 TAPPS Physical Form** which 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 10th and 12th grade athletes and untested athletes in 9th or 11th 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, Chargerettes, Wranglers, and Mascots 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
Girls Cheerleading, Boys/Girls Mascots and Boys Wranglers	8/12	-	M-F 6:30 AM	Th/Fri/Sat
Girls Chargerettes	7/22	-	M-F 6:30 AM	Th/Fri/Sat
Boys and Girls Cross Country	8/05	Late Oct.	M-Th 6:30 AM	Sat
Girls Volleyball	8/01	Late Oct.	M-F After school	Tu/Th
Boys Football	8/01	Mid Nov.	M-Sat After school	Th/Fri/Sat
Girls Basketball	Mid Oct.	Early Mar.	M-F After school	Tu/Fri
Boys Basketball	Mid Oct.	Early Mar.	M-F After school	Tu/F
Boys Soccer	Mid Oct.	Late Feb.	M-F After school	Tu/F
Boys and Girls Track	Early Jan.	Early May	M-Th After school	Sat
Boys Baseball	Mid Jan.	Early May	M-F After school	Tu/F
Boys and Girls Golf	Early Feb.	Late Apr.	TBD After school	TBD
Boys and Girls Tennis	Late Jan.	Late Apr.	TBD After school	TBD

- 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) What do athletes wear for practices and games?

- **Each sport will be required to wear the Shelton Athletics practice gear (royal blue t-shirt and black shorts) for practices and the Upper School Athletic Period.**
- **Travel suits/warm-ups (jacket and pants) will be required for competitions.**
- All required gear can be purchased via the link on the Athletics' webpage: www.shelton.org/athletics, which will be available over the Summer.
- 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.

9) What is the Upper School Athletic Period?

- The **Upper School Athletic Period** (or 8th Period Athletics) is a class and attendance is required, whether it is during in-season or off-season for the sports listed below:

SEASON	GRADES 9 th – 12 th
Both Semesters	Boys Football Girls Volleyball Girls Basketball Boys Basketball Boys Soccer (Possible Co-ed) Boys Baseball Boys and Girls Track and Field

- A student missing class without permission is considered truant and instances of truancy will result in a detention. Repeated offenses could result in a Saturday detention, suspension or disciplinary probation. **Athletes will be graded on participation (25%), effort (25%), and attendance (50%).**
- Athletes are not allowed to schedule quizzes, tests, tutoring, etc...during 8th Period Athletics.

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

- As our Upper School sports are sanctioned by the **TAPPS (Texas Association of Private and Parochial School)** organization, we only play sports offered in this organization.
- Sports that will be offered for 2019-2020 have already been established.

11) How do Upper School athletes earn a Varsity Letter?

Athlete Requirements:

- Athletes must be in grades 9-12 in order to letter.
- Athletes must letter in order to earn a jacket.
- Athletes must complete the entire season as an active team member by contributing as much as possible toward the success of the team.
- Athletes must attend all games and practices unless excused by the Head Coach.
- Athletes must participate in at least 1/3 of the regular season varsity contests (not including scrimmages).
- The coach has the right to waive the above requirements when an athlete is affected by injury or other circumstances that are beyond the control of the athlete. However, that athlete is still expected to attend team practices, games, etc...

Manager and Trainer Requirements:

- Managers and trainers must be in grades 9-12 in order to letter.
- Managers and trainers must letter in order to earn a jacket.

- Managers and trainers must complete the entire season as an active team member by contributing as much as possible toward the success of the team.
- Managers and trainers must attend all games (assigned games, if trainer) and practices unless excused by the Head Coach.
- Managers and trainers must exhibit good sportsmanship and behavior toward players, coaches, and officials at all times.

12) 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.

13) 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 Upper School Office regarding Athletic related questions.

14) 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 Upper 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.