



2022 - 2023 Upper School Athletics Information

Please check out our website for more information – 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

Athlete Development Coordinator: Quinton Haynes qhaynes@shelton.org
(8th Period Athletics)

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 Student Athletic Trainers
Fall	Boys and Girls Cross Country Boys Football Girls Volleyball (JV and Varsity)
Winter	Girls Basketball Boys Basketball (JV and Varsity) Girls Soccer Boys Soccer Boys and Girls Swimming
Spring	Boys Baseball (JV and Varsity) Boys and Girls Golf Boys and Girls Tennis Boys and Girls Track and Field

2) Are there “tryouts” and “cuts”?

- For all grade levels, these are the guidelines as to what to expect for certain individual sports:
 - Boys and Girls Cross Country - 22 minutes for 3 miles.
 - Girls Track and Field athletes - 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.
 - Boys Track and Field athletes - 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 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
 - Baseball, Soccer and Tennis teams will consist of 15-20 players
 - There will be no cuts for football
 - Girls Cheerleading (tryouts held mid- March)
 - Girls Chargerettes (tryouts held in late March/early April)
 - Boys/Girls Mascots (tryouts held in April)

-- 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.
- Deadline for 2022-2023 Sports - July 22, 2022 (this allows completion for athletic paperwork, team planning, enrollment in 8th period athletics, etc.)

4) What paperwork is required for participation?

POLICY CHANGE 2022-2023 - CURRENT PHYSICAL AND IMPACT TEST IS REQUIRED FOR ALL ATHLETES PRIOR TO THE FIRST DAY OF SCHOOL. If the athlete's first sport is a fall sport, then the current physical and impact test is due prior to the first day of practice.

Physicals:

- **For all grade levels, physicals must be done every year** to participate in athletics. **The Athletics Department must have a current physical (physical less than 1 year old) on file **BEFORE** the first day of school.** For Fall Sport athletes, a current physical is required **prior to the 1st practice or tryout.**

- o 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.
- o 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 Documents' tab on the Athletics' webpage: www.shelton.org/athletics.

Concussion Testing:

- All 10th and 12th grade athletes and untested athletes in 9th or 11th grade are required to take the **baseline IMPACT test**. **This test must be completed BEFORE the first day of school**. For Fall Sport athletes, this test must be completed **prior to the 1st practice or tryout**.
- 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 now completed online.**
 - o The Athletic Department no longer accepts hard copies of these forms.
 - o For directions and access to the online paperwork, please go to the 'Athletic Documents' tab on the Athletics' webpage.
 - o **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 sport (provided there are no significant schedule issues).
- Cheerleaders, Chargerettes, and Mascots are welcome to join other sports programs.
- 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
Girls Cheerleading, Boys/Girls Mascots	8/8	-	M-Th Before School / 1st period	Fri
Girls Chargerettes	8/8	-	M-Th Before School / 1st period	Fri
Boys and Girls Cross Country	8/01	Late Oct.	M-Th 6:30 AM	Sat
Girls Volleyball	8/01	Late Oct. + playoffs	M-F After school	Tu/Th
Boys Football	8/01	Early Nov. + playoffs	M-Sat After school	Fri
Girls Basketball	10/17	Mid Feb + playoffs	M-F After school	Tu/Fri
Boys Basketball	10/17	Mid Feb + playoffs	M-F After school	Tu/Fri
Girls Soccer	10/17	Mid Feb + playoffs	M-F After school	Tu/Fri
Boys Soccer	10/17	Mid Feb + playoffs	M-F After school	Tu/Fri
Boys and Girls Swim	Early Oct.	Early Feb.	Before school	Fri/Sat
Boys and Girls Track	Early Jan.	Early May	M-F After school	Sat
Boys Baseball	1/17	Mid April + playoffs	M-Sat After school	Tu/Fri
Boys and Girls Golf	Early Feb.	Early May	2-3 days/week After school	varies
Boys and Girls Tennis	Mid-Jan.	Mid Apr.	3 days/week After school	varies

- 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 that schedules can change.** Thus, whenever in doubt, contact your team's coach.

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.
- Black travel suit/warm-up (jacket and pants) is required for most sports (please refer to the athletics clothing chart, which can be found on the Athletics webpage at www.shelton.org/athletics).
- All required practice gear and travel suit can be purchased via the link on the Athletics webpage: www.shelton.org/athletics.
- Any gear that is purchased by parents will be the property of the students.
- 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.

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 Girls Soccer Boys Soccer 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, effort and attendance.**
- Athletes are not allowed to schedule quizzes, tests, tutoring, etc...during the Upper School Athletic Period.

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 2022-2023 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.
- 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.
- 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?

- 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 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
- 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.

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

- **Cross Country or Track & Field** - Coach Cecil Young at cyoung@shelton.org
- **Football** - Coach Marco Rivera at mrivera@shelton.org
- **Volleyball** - Coach Danielle Dawson at ddawson@shelton.org
- **Chargerettes** - Coach Christina Rosen at crosen@shelton.org
- **Cheer** - Coach Meredith Mathews at mmathews@shelton.org
- **Boys Basketball** - Coach DeBryan Tyson at dtyson@shelton.org
- **Girls Basketball** - Coach Kevin Burnett at kburnett@shelton.org
- **Boys Soccer** - Coach Julio Villarruel at jvillarruel@shelton.org
- **Girls Soccer** - Coach Abby Garcia at agarcia@shelton.org
- **Swim** - Coach Greg Fisher at gfisher@shelton.org
- **Baseball** - Coach Ryan Fuentes at rfuentes@shelton.org
- **Golf** - Coach Adrain Hayes at ahayes@shelton.org
- **Tennis** - Coach Fred Shlesinger at fshlesinger@shelton.org