



## WELCOME LADY LIONS!!!!

**7<sup>th</sup> Graders** – Welcome to OHJHS Lady Lion Athletics! You are in store for a year full of excitement and new experiences that will hopefully build a foundation in your athletic endeavors. This year, 7<sup>th</sup> grade athletics begins 1<sup>st</sup> period. The locker room will be unlocked at 7:15 for the girls to begin getting dressed and prepared for class. They **cannot** arrive at school with their athletics clothes on!

**8<sup>th</sup> Graders** – Welcome back! You have the honor of being the first 8<sup>th</sup> grade class to go through Oak Hills. We are excited to see you and hope that you are ready to experience what is in store for you. Your job as 8<sup>th</sup> graders is to set a good example for our 7<sup>th</sup> graders, as well as fulfill your role as being the leaders.

**Parents** – As coaches, we like to see that our biggest supporters are the parents. We hope that you feel you can come to us with anything that presents a problem or just for an insight as to how your child is doing.

Attached is an Athletic Contract that every student in athletics must have on file. Parents, please go over the contract with your daughter and if you have any questions, please email Coach Reynolds. Please provide an email address if possible at the bottom of the contract.

Student-Athletes will receive a pair of shorts, t-shirt, and a locker during the first two days of class. **This is only if the student has a cleared physical on file.** They will be responsible for this equipment for the entire year in Athletics. Unfortunately, we do not have enough clothes for you to purchase additional uniforms for your daughter. She will be allowed to take the clothes home as much as needed to wash, as long as they are brought back in time for the next athletics class. If any equipment becomes lost or stolen, they will need to pay for the lost equipment, and we will issue them new ones. **A practice shirt and shorts are \$10.00 each.**

Tennis shoes are a requirement for athletics. **Sperry's, flip flops, Converse, heels, boots, and sandals do not count as tennis shoes.** If you have any questions about shoes please email Coach Reynolds.

Jewelry is not allowed in athletics. We encourage the girls not to get their ears pierced right before or during the school year. We have to abide by this rule for

the safety of the girls. It is also a UIL requirement that jewelry cannot be worn during athletic contests. Wearing jewelry (earrings, necklaces, watches, bracelets, etc.) will result in a consequence and removal of the jewelry for the class period.

With lockers comes a great responsibility. Your daughter needs to be sure that all equipment (shorts, t-shirt, shoes, etc.) is stored in the locker and the locker door is **closed completely**. Your daughter should not be sharing a locker at anytime with another student and if she has problems with her locker she needs to see a coach immediately. The coaches are not held responsible for any equipment or possessions that are misplaced or lost.

If your daughter is unable to participate (sickness, injury) we will only allow your daughter to sit out if a note is provided by the parent or guardian listing your daughter's name, why she is sitting out, and a number to contact you. **If the note is written by your daughter, and signed by you, it WILL NOT be accepted.** Your daughter is only allowed to sit out one day a week if necessary. We **do accept doctor's notes** and will allow your daughter to sit out the amount of time specified by the doctor. **These reasons will not be allowed in a note to sit out: picture day, needs to finish AR book/other homework, cramps, soreness, time of the month, etc.** Those sitting out will be given an alternate assignment to work on during the class period.

**\*\*\*All athletes in athletics are required to have a physical on file with the Junior High Athletic Department in order to participate. Important - You will not be able to participate in athletics or volleyball tryouts until we have your cleared physical on file. If an athlete does not have her physical turned in by Friday, September 1st, she will be schedule changed out of Athletics.**

**See you soon!**

**Coach Reynolds**

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