

## **CTMS GIRLS ATHLETICS PRACTICE SCHEDULE**

**A DOCTOR'S PHYSICAL IS NEEDED BEFORE THE STUDENT CAN PARTICIPATE IN PRACTICE.** PHYSICAL FORMS ARE AVAILABLE ON THE ROUND ROCK ISD WEBSITE.

ATHLETES WILL NEED TO PURCHASE THE ATHLETIC UNIFORM (GREY SHIRT AND RED SHORTS AVAILABLE AT CTMS), WHITE ATHLETIC SOCKS, RUNNING SHOES, AND COURT SHOES.

FIRST DAY OF VOLLEYBALL TRYOUTS IS THE SECOND DAY OF SCHOOL (AUGUST 26<sup>TH</sup>.)

### **7<sup>TH</sup> GRADE**

PRACTICE BEGINS DAILY AT 7:00AM. ATHLETES ARE EXPECTED TO BE DRESSED OUT AND ON THE COURT AT THIS TIME. THE DOORS TO THE SCHOOL WILL OPEN AT 6:45AM. ATHLETES ARE TO BE DROPPED OFF AT THE FRONT OF THE SCHOOL AND ARE TO ENTER THE BUILDING THROUGH THE MAIN DOORS.

### **8<sup>TH</sup> GRADE**

PRACTICE ENDS AT 5:00PM. ATHLETES NEED TO BE PICKED UP BY 5:30PM IN THE FRONT OF THE SCHOOL BY THE MAIN DOORS.

**NO SATURDAY OR SUNDAY PRACTICES.**

**NO BEFORE OR AFTER-SCHOOL PRACTICES THE DAY AFTER THE GAME.**

PLEASE FEEL FREE TO LOOK OVER THE ATHLETIC HANDBOOK UNDER THE ATHLETICS LINK ON THE CHISHOLM TRAIL WEBPAGE. THIS SHOULD ANSWER MOST OF YOUR QUESTIONS.

**PARENT/ATHLETE/COACHES MEETING – AUGUST 25<sup>TH</sup> from 6:00PM – 7:00PM IN THE CTMS CAFETERIA**

MELONIE MILLS

CHISHOLM TRAIL MIDDLE SCHOOL GIRLS ATHLETIC COORDINATOR

428-2528