

## **2019 LSMS FALL SPORTS MEETING**

Hello Parents/Guardians and Athletes:

There will be a parent/athlete meeting before our fall sports seasons. Anyone interested in playing football, volleyball, cross-country, or participating in dance will need to attend.

This meeting will begin at **6:00 pm in the Hoyle Gym on Thursday, August 8<sup>th</sup>**.

Anyone who is interested in 7<sup>th</sup> and 8<sup>th</sup> grade football, 7<sup>th</sup> and 8<sup>th</sup> grade volleyball, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade cross country, or 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade dance should attend.

There will be information about the seasons and you can meet your coaches. You will also have the opportunity to fill out and sign the participation and concussion forms to make sure your athlete is ready for the season. These forms must be filled out in order for athletes to participate in any sport in the district.

We look forward to seeing you on August 8<sup>th</sup>. For more information, or to answer any questions, please email me.

Thank you,

James McGerty  
Lowell Scott Middle School  
Athletic Director  
[mcgerty.james@westada.org](mailto:mcgerty.james@westada.org)

## **2019 LSMS 7<sup>th</sup> and 8<sup>th</sup> Grade FOOTBALL INFORMATION**

Hello Parents/Guardians and Athletes:

**The first football practice will be on August 12, 2019 from 3:00-5:00 p.m.** Players will meet on the main football field. All players need to have the participation form filled out (both front and back) on or before that date. Players will also need cleats and water for all practices.

Equipment will be checked out during the parent/athlete meeting on Aug. 8, 2019 in the Hoyle Gym beginning at 6:00. All athletes must buy an activity card at registration (\$22.26 includes tax). The \$90 participation fee can be paid on line or at registration.

Practice jerseys and mouth guards will be available to purchase from the school. Athletes will need to purchase practice pants and a belt on their own. Lowell Scott will provide shoulder pads, helmet, game pants, and game jerseys.

All players must have a water bottle at every practice.

Sincerely,

Curt Clark  
Head Football Coach  
clark.thomas@westada.org

## 2019 7<sup>th</sup> and 8<sup>th</sup> Grade LSMS Girls VOLLEYBALL

Hello Parents/Guardians and Athletes:

We are so excited for this volleyball season, and looking forward to a fun and competitive season! Below is some information you need to know about tryouts/practices for this upcoming year.

Tryouts are closed to family and friends. We only have a short amount of time to evaluate your girls and need to maximize this time with limited distractions. **Tryouts and practices begin Monday, August 12, 2019 through Tuesday, August 13, 2019 from 10:00-12:00 a.m. in the Hoyle and Auxiliary Gyms.**

Please try to have your daughter arrive 20 minutes before the scheduled tryout time so she can sign in and be given her assessment number.

ALL girls must have a district permission slip signed by their parent/guardian in order to attend tryouts. **Forms may be filled out at the parent/player meeting on Thursday, August 8<sup>th</sup> in the Hoyle Gym starting at 6:00 pm.** Failure to have this form filled out, signed, and submitted to coaches by the first practice/tryout will result in failure to try out. This is for liability purposes. We will have some extras that can be filled out but you will need to come early. All girls must buy an activity card (\$22.26 includes tax) and athletic fee (\$90) at registration.

Girls should wear good athletic shoes, comfortable clothing (t-shirts and shorts – school dress code applies during practices). Knee pads are not required. Also please have them bring a water bottle. **Spunks may be worn for games and practice. 5-inch length only!**

All girls must attend all tryout sessions to be eligible to be placed on a team. There will be no make-up tryouts. Tryouts also are considered a practice and each girls must have 10 practices in before the 1st game.

- Once teams are set, we cannot move girls to higher teams.
- If there are any concerns about practice, team placement, or anything else, please do not confront the coaches at practice; this time is for the girls. Please contact us by phone or email so we may discuss the concern in an appropriate manner.
- We expect each girl to come ready to practice/play. If for some reason your daughter is unable to make a practice or game please let her coach know ASAP so they can plan accordingly.

Thank you for your attention to these guidelines. Volleyball is a great sport for building friendships, learning team work, and having a great overall experience. We as a coaching staff are looking forward to getting to know your girls and being able to work with them to improve their volleyball skills.

Sincerely,

Robin Johnson  
Head Volleyball Coach  
[vnjohnson@gmail.com](mailto:vnjohnson@gmail.com)

## 2019 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade Boys and Girls LSMS CROSS-COUNTRY

Dear Parents/Guardians and Athletes:

**The first practice for cross-country will be August 19<sup>th</sup>, 2019 from 3:00-4:15 p.m.** Beginning August 26 (first day of school), practices will be held Monday through Thursday from 3:15-4:30 p.m.

Athletes must have purchased an activity card (\$22.26 includes tax), paid their district participation fee (\$90), and have attended practices to participate in the meet on August 30<sup>th</sup>. The activity card and athletic fee may be paid at registration.

All athletes must fill out, have signed, and turn in the participation and concussion sheets to coaches prior to or at the beginning of the first practice in order to participate. **These forms may be filled out at the parent/athlete meeting in the Hoyle Gym on Thursday, August 8<sup>th</sup> beginning at 6:00 pm.**

Athletes will need to have good running shoes, shorts, shirts and a hat (optional). We also strongly recommend runners always bring a water bottle so they can stay hydrated. Stay active this summer and get some runs in!

See you in August!

Sincerely,

Christi Wilcox  
Cross-Country Coach  
[wilcox.christie@westada.org](mailto:wilcox.christie@westada.org)

## **2019 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Grade LSMS Dance Team**

Dear Parents/Guardians and Athletes:

We are excited for another great LSMS Chargette Dance Team year.

**Dance Team tryouts will be September 3<sup>rd</sup>-6<sup>th</sup>, 3:30-4:30 in the cafeteria.**

**The first practice for dance team will be Tuesday, September 10<sup>th</sup>, 2019 from 3:30-4:30 p.m.** Practices will be held Tuesday and Thursday, September to March.

Athletes must have purchased an activity card (\$22.26 includes tax), however, dance team members do NOT need pay the district participation fee (\$90), since dance team is a club at LSMS.

For more information, please see our tryout packet on the LSMS Dance Team website (Link can be found on the LSMS website or Miss Lawton's teacher page.).

See you at tryouts in September!

Sincerely,

Kjirsten Lawton  
Head Dance Coach  
[lawton.kjirsten@westada.org](mailto:lawton.kjirsten@westada.org)

## 2019 7<sup>th</sup> and 8<sup>th</sup> Grade LSMS CHEERLEADING

Hello Parents/Guardians and Athletes:

I am so excited for this cheer season! Below is some information you need to know about practices and the commitments for cheerleading for this upcoming year.

First, practices are closed to family and friends. **Practices will begin on Monday, August 19, 2019, and will be from 3:30 until 5pm. That first week, practices will be on Monday, 8/19, and Wednesday, 8/21 from 3:30 until 5pm. Cheerleaders need to be dressed, in the cafeteria, and ready to start promptly at 3:30pm.**

Second, ALL girls must have all cheerleader information forms completed and signed by their parent/guardian to practice. **Forms may be filled out at the parent/player meeting on Thursday, August 8<sup>th</sup> in the Hoyle Gym starting at 6:00 pm.** Failure to have the forms filled out, signed, and submitted to coaches by the first practice will result in failure to practice; this is for liability purposes. We will have some extras that can be filled out, but you will need to come early. All girls must buy an activity card (\$22.26 includes tax), pay the District Pay-to-Play fee (\$90) and purchase a Spirit Pack (\$40) at registration. Failure to have fees paid by the first day of school will result in cheerleaders not being able to participate in cheerleading until all fees are paid, and the failure to participate will affect being able to cheer at the first game due to not having enough practices in.

Girls must wear cheer shoes (not running/athletic shoes, KEDS, Vans, or Converse), comfortable clothing (t-shirts and shorts – school dress code applies during practices). Also, please have them bring a water bottle. **Spanks may be worn for practices; 5-inch length only!**

All girls must be present at all practices before the 1<sup>st</sup> game to be eligible to cheer at the 1<sup>st</sup> game. After the first week of practice, tryouts will be held to place cheerleaders onto two teams. The Gold team will be practicing on Mondays and Wednesdays from 3:30 to 5pm during the school year and will be cheering at all Football A team games and 8<sup>th</sup> grade A team basketball games. The Blue team will be practicing on Wednesdays from 3:30 to 5pm during the school year and will cheer at Football A team games and at all 7<sup>th</sup> grade A team basketball games. Grade level at school does not guarantee placement on a specific team.

- Once teams are set at the beginning of the school year, we cannot change teams until January, when “challenges” are allowed (if a cheerleader has made considerable progress on their skills, they can challenge their team placement with the coaches after a practice session; the date will be announced ahead of time when this will be).
- If there are any concerns about practice, team placement, or anything else, please do not confront the coaches at practice; this time is for the girls. Please contact us by phone or email so we may discuss the concern in an appropriate manner.
- We expect each girl to come ready to practice/play. If for some reason your daughter is unable to make a practice or game, please let her coach know ASAP so they can plan accordingly. Any unexcused absence will be noted and after 3 infractions (tardiness to team function, absences from team functions, behavior/dress code violations at school, etc.) the cheerleader will be removed from the team. Fees are not refundable if a cheerleader is removed from the team. Team functions include practice, games, and performances. Cheerleaders are responsible for committing to the entire school year for cheerleading; they have responsibilities to the team, the coaches, and each other, and we cannot be successful if cheerleaders are not taking their responsibilities seriously.

Thank you for your attention to these expectations. Cheerleading is a great sport for building friendships, learning team-work, and having a great overall experience. We as a coaching staff are looking forward to getting to know your girls and being able to work with them and get them ready for cheering in High School, if they so desire.

Sincerely,

Melissa Gallegos  
Head Cheer Coach

[gallegos.melissa@westada.org](mailto:gallegos.melissa@westada.org)