

# **CMS PRE-ATHLETICS**

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Calallen Athletics is proud to announce that the 2022-2023 school year will be the inaugural year of our Calallen Middle School Pre-Athletics Program. The focus of the Pre-Athletics program is to provide students with the opportunity to learn skills for upcoming U.I.L. team sports in which they will be eligible to participate in as 7<sup>th</sup> graders. This course will also prepare them for the expectations associated with being a Calallen Wildcat Athlete.

The mission of the Calallen ISD athletic department and the pre-athletics class is to develop a program of competitive athletics that focuses on enhancing student performance in the classroom and on the field of play. We expect our student athletes to be positive role models in our schools and community.

## **Students will learn the components of a successful athletic and academic program:**

- Learn to work and compete at a high level
- Learn leadership skills
- Learn self-discipline
- Learn to accept coaching
- Learn to be a part of a team
- Learn to be mentally tough
- Learn to be responsible

## **Student Requirements for Pre-Athletics:**

Student will need a physical turned in to participate.

Student will be required to dress out daily in proper athletic wear.

Students will be required to complete workouts daily.

Find the Pre Participation Physical Evaluation Form at the following address under announcements on right side of page.

<https://www.calallen.org/Page/283>

## Pre-Athletics Questions

### **-Does my son/daughter need a physical to participate in pre-athletics?**

- Yes any student enrolled in pre-athletics will need a physical on file.

### **-Does my son/daughter need special athletic wear to participate in pre-athletics?**

- For safety reasons, proper footwear and clothing must be worn for pre-athletics.

### **-What sports will be taught in pre-athletics?**

- Skills associated with Football (Boys Pre-athletics), Volleyball(Girls Pre-athletics), Basketball, Track, Off-Season Conditioning (sports will be taught in season in which they are occurring in 7<sup>th</sup> & 8<sup>th</sup> grade)

### **-If my son/daughter is only interest in one of the sports, do they have to stay in the pre-athletics class for the whole year?**

- Yes, they will be put in an off-season group when not in sport within the class.

### **-Is my son/daughter did not sign up for pre-athletics and is in P.E. class will they be able to transfer over to pre-athletics?**

- Yes, but they will have to make their decision within first two weeks of school.

### **-If my son/daughter is in pre-athletics and decide they want to be in regular P.E. Class can they transfer to P.E.?**

- Yes, but their decision will be FINAL.

### **-Does my student have to take pre-athletics in order to be in athletics class in 7<sup>th</sup> grade?**

- Yes, students must go through pre-athletics in order to enroll in 7th grade athletics. Students who do not take pre-athletics as 6th graders must have approval from P.E. teacher to enroll in 7th grade athletics.

**Any other questions please contact the coaches below.**

CMS Boys Athletic Coordinator- Coach C. Fowler – [cfowler@calallen.org](mailto:cfowler@calallen.org)

CMS Girls Athletic Coordinator- Coach L. Lopez- [llopez@calallen.org](mailto:llopez@calallen.org)