
ALL ABOUT ATHLETICS

— 2022-2023 —



Join Today!

www.rmsabc.ecwid.com

2022-2023 RMS Athletic Booster Club Board

Executive Board

President: Stew Nelson

Vice President: Linda Ferdows

Secretary: Sarah Knigin

Treasurer: John Hadjioannou

Committees 2022-2023

Membership: Claire Stoddart

Merchandise: Kim Lawson

Cheer Liaison: Ellen Justice

Communications: Ellen Justice

Programs: Vicki Lott

8th Grade Fun Day: Tracee Studdert

8th Grade Athletic Banquet: Jen Tucker

7th Grade Athletic Banquet: Morgan Vadheim

8th Grade Concessions: Cindy Kenny/Shannon Hartman

7th Grade Concessions: Jennifer Womack

Concessions Buyer: Melissa Hartfiel/Shana Smith

Hospitality (7th): Emily Mills

Hospitality (8th): Leslie Tucker/Stephanie Winsor





CONCESSIONS

HOSPITALITY

MERCHANDISE

PROGRAMS

GAME DAY MEALS

ATHLETIC AWARDS

FINANCIAL SUPPORT

SCHOLARSHIPS

ADMIN/COACH LIAISONS

8TH GRADE FUN DAY

FOOTBALL/CHEER DINNER

MEMBERSHIP

COMMUNITY

EQUIPMENT/UNIFORMS

RMS Booster Club - What we do!

2021-2022 RMS ABC Supporting RMS & RMS Athletes

\$15K towards new Sound System for gym	Annual RMS Athletic Scholarships-2 @ \$500 each
New 5-man training sled	New concessions storage cage
Hospitality at VB, basketball & track	Football helmet decals
Cheer & spirit supplies/mascot uniforms	Transportation fees/bus costs to cheer camp
Basketball duffle bags	Coaches clinics
Volleyball tournament & officiating fees	Basketball tournament & officiating fees
Pole Vault stand	Football pad racks in the new locker room
New Shot-put Ring/Track Equipment	End-of-Season Lunch Celebrations
End-of-Year Athletic Awards Banquets	Annual 8th grade Fun Day (crawfish boil)
Annual Football/Cheer Kickoff Dinner	Basketball traction mats

Merchandise

Opening date (tentative): May 16

CLOSING DATE: SUNDAY, JUNE 5 (store will not open again until late fall)

***Minimum suggested merchandise
for 7th and 8th grade athletes:**

**Athletic Sweats Set
Game Day Shirt (football)
Large Duffle Bag
Small Athletic Sling Bag**

**Remember
your FAN
gear!**

***New this year for 7th grade athletes:
EVERYTHING YOU NEED BUNDLE - \$200**

**Athletic Sweats Set
Game Day Shirt
Victory Shirt
High Performance T-shirt
Large Duffle Bag
Yard Sign**

Check sizes if your kids have grown!

FAMILY MEMBERSHIP LEVELS

PLATINUM: \$500 *(Includes recognition on the booster club website and athletic banner.)*

GOLD: \$200 *(Includes recognition on the booster club website and athletic banner.)*

SILVER: \$100

BRONZE: \$50

WWW.RMSABC.ECWID.COM

Become a MEMBER today!



Lock in your Platinum or
Gold membership today!
Anticipated 2022 level
increases coming this fall.

2022-2023 Boy's Coaches

Coach Ricci - Boy's Coordinator - Football, Track

Coach Blayney- Cross Country

Coach Eidsness - Football, Basketball, Track

Coach Hill - Football, Basketball, Track

New Coach - Football, Basketball, Track, Soccer

Coach Young - Cross Country, Basketball, Track

2022 - 2023 Girl's Coaches

Coach Sisco - Girl's Coordinator Volleyball & Track

Coach Griffith - Volleyball, Basketball, Track

New Coach - Volleyball, Basketball, Track

Coach Kollatschny - Volleyball, Basketball, Track

Coach Richards - XC, Basketball, Track, Soccer

Coach Farmer - Soccer

What is athletics? What are the expectations?

If you are in athletics you are expected to tryout/participate in the sports offered at RMS.

Expectations - To be the best of the best in the classroom and school community. Athletes shouldn't be in the principal's office, detention or ISS.

Grades - No Pass, No Play

Humble ISD considers being in athletics a privilege, thus it carries responsibilities.

Total Student Athlete

We encourage our student athletes to participate in a variety of sports throughout the school year. Any kind of competition is good for athletes and this cross sports participation will only strengthen each individual athlete and our athletic programs.

We also encourage our athletes to attend as many other school functions, both academic and athletic, as possible.

Things to do:

Checklist

- Join Booster Club - <https://rmsabc.ecwid.com/Membership-c22881958>
- Go Online to order athletic greys. **These are required and worn daily.** Link can be found at <https://humbleisd.revtrak.net/tek9.asp?pg=products&grp=150>
To order girls shorts click on this link “**RMS - Girls Athletics Shorts**”
To order girls shirts click on this link “**RMS - Girls Athletics Shirts**”
To order boys shorts click on this link “**RMS - Boys Athletics Shorts**”
To order boys shirts click on this link “**RMS - Boys Athletics Shirts**”
THIS LINK IS CURRENTLY DISABLED - we will have it turned on in July 1, 2022
- Order Booster Club Merchandise Link: <https://rmsabc.ecwid.com/Merchandise-c22886007>
All merchandise orders must be placed between **DATES WILL BE MADE AVAILABLE SOON**
Merchandise is recommended, but NOT required.
Contact: rmsabcmerchandise@gmail.com
- **Physical** - Turn in a completed physical. Physicals are due between now and the beginning of next school year.
Physical forms can be found on the RMS website.
- **RANK ONE** - Complete online paperwork at <https://tinyurl.com/HumbleISDRankOne21>

Physicals

Boy's - physicals are due on or before Equipment Pick-up day which is **Friday, August 5th** .

Girl's - physicals are due on or before the first day of school

Physicals will may be turned into to Coach Ricci or Coach Sisco.

Please do not turn them into the front office.

Physicals are collected at the district athletic office on Monday's during the summer months.

Rank One - Online

Boy's Rank One - due by equipment pick up

Girl's Rank One - due by 1st day of school

Concussion

Medical History Form

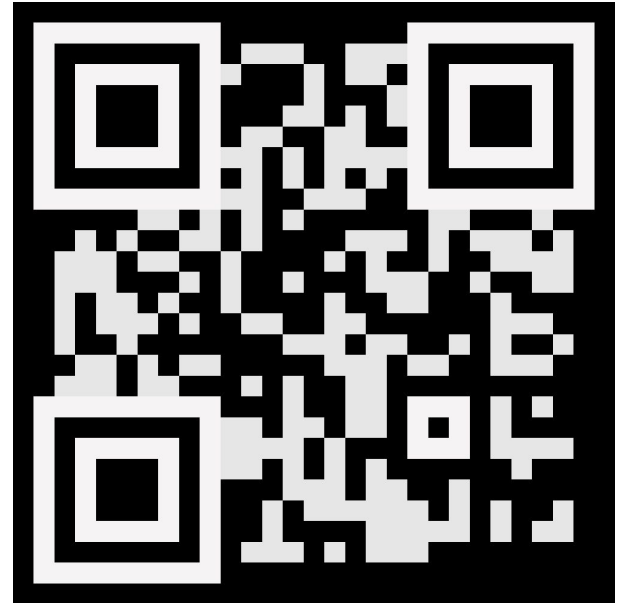
Sudden Cardiac Awareness

Emergency Card

HISD Policies (please read policies)

Steroid Form

Helmet Form(boy's only)



GIRL'S SUMMER!!!!



Camps - there are many opportunities to go local camps this summer - these can be found on the [Humble ISD Athletics](#) website.



Acclimation - get outside! It is very hot in August/September and with the exception of volleyball everyone is outside working out on a regular basis.



Come back in shape - don't be a couch potato!

Open gym - watch the Schoology group for dates

Summer Schoology Group - all girls will be put in a group for summer reminders and communication

Camp Dates

Strength & Conditioning - June 6 - July 14

Boy's Basketball - June 6 - 9

Girl's Basketball - June 6 - 9

Cross Country - May 31 - June 3

Track & Field - May 31 - June 3

Football - July 25 - 28

Volleyball - July 25 - 28

Boy's & Girl' Cross Country

A series of light gray silhouettes of runners in various stages of a running stride, moving from left to right across the background of the slide.

Practice begins **Aug 11**

Everyone in athletics has the opportunity to run cross country

Season runs **Aug-Oct**

Meets are on Wednesday with a possible Saturday or two - district meet may be on a Saturday.

Practice- **Practice for 7th & 8th graders starts at 6:45 AM**

Football

Equipment pick up- **Aug. 5th**....8th grade 9-11, 7th grade 1-3



7th grade practice starts **August 11th** @ 6:30 am- 1st period

8th grade practice starts **August 11th** @ 7th period-5:00 pm

You may use your own helmet with a signed helmet waiver

Season runs from **Aug-Oct (games the week we are off)**

7th grade plays on Mondays, 8th grade on Tuesdays(unless Mon holiday)

Every athlete will make a team....A or B - Game Times 5:30 & 6:45

Volleyball

Tryouts will begin **Aug. 11** & last at least 3 days.

26 district required number to make the team

Season runs **Aug-Oct**

Games are on Thursday(except on out week off in Oct. we will play on Mon).

Each team will have two weekend tournaments

7th grade practice begins at 7:15 and goes into 1st period

8th grade practice begins 7th period and ends at 5:00



Boy's Basketball



Tryouts will be after football season and last at least 3 days. Please make sure you son can attend the tryouts. Please plan any vacation accordingly.

If your son is in PE and wants to tryout for BB, he will need to come before school if he is a 7th grader ,and after school if he is an 8th grader. If he makes the team he will be moved into the athletic period.

Games are usually on Mondays, unless there is a Monday holiday. Games times are 5:30 for the B Team and 6:30 for the A Team.

Only 27-30 kids will make the basketball team. 12 will be on the A team, and 15-18 will be on the B team

Girl's Basketball

Tryouts will be after volleyball and run at least 3 days.

27 district required number to make the team

Season runs **Nov-Feb**

Games are on Thursday (2 Tuesday games)

Each team will have two weekend tournaments

7th grade practice begins at 7:15 and goes into 1st period

8th grade practice begins 7th period and ends at 5:00



Boy's & Girl's Track & Field

Track practice begins after basketball

Everyone in athletics has the opportunity to go to a track meet.

Season runs **Feb-March (no meets during Spring Break)**

Meets are on Thursdays - Except District is Mon-Wed

Practice - 7th grade in the mornings & 8th grade in the afternoon



Boy's Soccer

Tryouts will begin **March/April**

15-20 district number to make the team

Season runs **April-May**

Games are on Monday (may vary depending on STAAR testing schedule)

Practice schedule will be determined next Spring



Girl's Soccer



Tryouts will begin **March/April**

15-20 district number to make the team

Season runs **April-May**

Games are on Thursdays (may vary depending on STAAR testing schedule)

Practice schedule will be determined next Spring

Boy's Off-Season

Boys off-season will start when football is over.

The program is designed to prepare our athletes for whatever sport they are playing next.

Boys not in season, will lift, run, and do agility drills during the remainder of the year.

Off-Season is tough and the boys need to be ready to work.

Girl's Off-Season

Girl's will have an off-season program all year. This program is designed to get the girl's in shape for track season. We also do some general strength and agility work as well as core strengthening. However, the majority of the time we are running and conditioning for track.