

**TIMBERWOOD  
GIRLS  
ATHLETICS**



2020-2021

“THE TRADITION CONTINUES...”

# TMS COACHING STAFF

- GIRLS ATHLETICS

- SHAUNA EVANS-GIRLS ATHLETIC COORDINATOR, BASKETBALL, TRACK
- REBEKAH ETHRIDGE-CROSS COUNTRY
- HEATH FERRELL-BOYS CROSS COUNTRY, GIRLS TRACK
- HEATHER FRIEDMAN-VOLLEYBALL, TRACK, SOCCER
- KATY GODBY-VOLLEYBALL, BASKETBALL, SOCCER
- BETSY ORR-VOLLEYBALL, BASKETBALL, TRACK
- DAVE SCHAUT-VOLLEYBALL, BASKETBALL, TRACK, BOYS SOCCER



# THINGS TO DO NOW!!!!

- Join our TMS Sports Booster Club at <https://tmspantherssports.square.site/product/booster-club-membership-w-free-panther-decal/3?cs=true> .
- Order merchandise from the Booster Club website and support our athletic programs at TMS! <https://tmspantherssports.square.site/>
- Purchase TMS Athletic clothes at Panther Camp (July 30) or through the TMS online store.
- Physicals-Scan and email to Coach Evans as soon as possible. Physicals are required by the State of Texas and students may not be in the athletic class without one. See the next 2 slides for more detailed information for each grade level.
- Rank One-Complete online paperwork as soon as possible at: <https://humbleisd.rankonesport.com/New/NewInstructionsPage.aspx>

# PHYSICALS-7<sup>TH</sup> GRADERS & 8<sup>TH</sup> GRADERS NEW TO ATHLETICS (NO PHYSICAL ON FILE)



- Physicals should be turned into Coach Evans at [shauna.evans@humbelisd.net](mailto:shauna.evans@humbelisd.net)
  - You can scan and email them OR
  - If you participated in cheer try outs before spring break, you DO NOT need to have another physical; what we have on file will suffice.
  - If you were in cheer as a 7<sup>th</sup> grader but not in athletics, you WILL NOT need to get a new physical.
- If you are unsure, please ask!!

DO NOT TURN THEM INTO THE OFFICE OR ANYONE OTHER THAN COACH EVANS.

# PHYSICALS-RETURNING 8<sup>TH</sup> GRADERS

- UIL has made an exception for the 2020-21 school year for student athletes that have a current physical on file. A new physical will not be required **but** Rank One will have a new Health History form that is required. If any of the major questions are answered as yes on this form, the student athlete will need to see a doctor for clearance before competing in 2020-21.
  - Please provide the doctor's note to Coach Evans once your student athlete has been cleared.
- If you were in the athletic class or cheer class during your 7<sup>th</sup> grade year, the information above applies to you.

# RANK ONE

- All parents of athletes must read and sign all of this year's paperwork online. This will also include the emergency card for traveling. Please fill these forms out as soon as possible. They can be completed on any computer or smartphone.
- The link for rank one is located on the summer 'to do' list

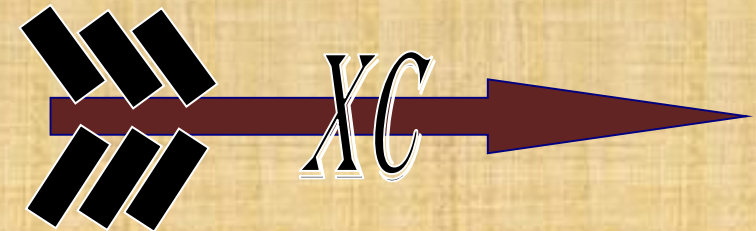


- Forms to fill out:
  - Sudden Cardiac Awareness
  - Concussion
  - Medical History
  - Emergency Card
  - HISD Policies (please be sure to read)
  - Steroid
  - Helmet Form (Football only)

# CROSS COUNTRY

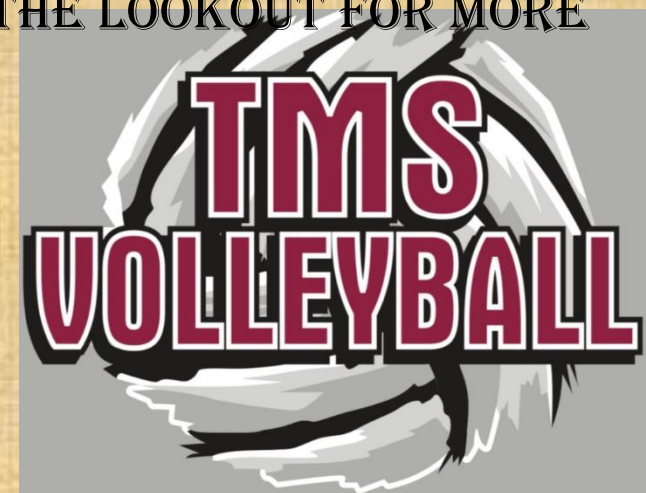


- PRACTICE WILL START IN THE CLASS PERIOD ONLY ON MONDAY, AUGUST 24TH.
- BEFORE/AFTER SCHOOL PRACTICE WILL BEGIN TUESDAY, SEPTEMBER 8<sup>TH</sup> (IT WILL MOST LIKELY BE BEFORE SCHOOL, TIME TBD).
- PARTICIPATION FOR MEETS IS BASED ON ATTENDANCE AND OUTPUT DURING DAILY WORKOUTS.
- MEET DATES ARE TBD.
- WE WILL HAVE A ZOOM PARENT MEETING PRIOR TO SEPTEMBER 8<sup>TH</sup>, BE ON THE LOOKOUT FOR MORE DETAILS COMING SOON.
- **PLEASE CHECK OUR CROSS COUNTRY WEBSITE FOR MORE DETAILED INFORMATION.**



# VOLLEYBALL

- PRACTICE WILL START IN THE CLASS PERIOD ONLY ON MONDAY, AUGUST 24TH.
- TRYOUTS WILL BEGIN SEPTEMBER 8TH.
- THE TOP 26 WILL MAKE THE TEAM AS REQUIRED BY HUMBLE ISD ATHLETIC GUIDELINES.
- GAMES ARE ON THURSDAY, EXCEPT WE WILL HAVE 2 SATURDAY GAMES THIS YEAR, OCTOBER 24<sup>TH</sup> AND NOVEMBER 14<sup>TH</sup>.
- DURING OUR WEEK OFF, WE MAY HAVE PRACTICE SCHEDULED THAT WEEK AS WELL, WE ARE STILL WORKING ON A PLAN.
- 7TH GRADE PRACTICE BEGINS AT 7:00 A.M. AND GOES INTO 1ST PERIOD.
  - THE EXPECTATION IS YOU ARE COMPLETELY DRESSED OUT AND READY TO GO ONCE YOU ARRIVE TO CAMPUS.
- 8TH GRADE PRACTICE BEGINS DURING 7TH PERIOD AND ENDS AT 5:00 P.M.
- WE WILL HAVE A ZOOM PARENT MEETING PRIOR TO OCTOBER 1<sup>ST</sup>, BE ON THE LOOKOUT FOR MORE DETAILS COMING SOON.
- **PLEASE CHECK OUR VOLLEYBALL WEBSITE FOR MORE DETAILED INFORMATION.**





# BASKETBALL



- TRYOUTS WILL BE TOWARDS THE END OF NOVEMBER.
- THE TOP 27 WILL MAKE THE TEAM AS REQUIRED BY HUMBLE ISD ATHLETIC GUIDELINES.
- GAMES ARE ON THURSDAY, EXCEPT 3 SATURDAY GAMES.
- 7TH GRADE PRACTICE BEGINS AT 7:00 A.M. AND GOES INTO 1ST PERIOD.
  - THE EXPECTATION IS YOU ARE COMPLETELY DRESSED OUT AND READY TO GO ONCE YOU ARRIVE TO CAMPUS.
- 8TH GRADE PRACTICE BEGINS DURING 7TH PERIOD AND ENDS AT 5:00 P.M.
- WE WILL HAVE A ZOOM PARENT MEETING PRIOR TO OUR FIRST GAME, BE ON THE LOOKOUT FOR MORE DETAILS COMING SOON.
- **PLEASE CHECK OUR BASKETBALL WEBSITE FOR MORE DETAILED INFORMATION AS THE SEASON APPROACHES.**

# TRACK



- TRACK PRACTICE BEGINS FEBRUARY
- PARTICIPATION FOR MEETS IS BASED ON ATTENDANCE AND OUTPUT DURING DAILY WORKOUTS.
- SCHEDULE WILL BE POSTED ON THE WEBSITE WHEN IT IS AVAILABLE.
- PRACTICE WILL BE EVERYDAY UNLESS COMMUNICATED OTHERWISE.
  - 7<sup>TH</sup> GRADE SPINTERS WILL START AT 8:15 AM AND GO THROUGH THE CLASS PERIOD. DISTANCE RUNNERS WILL START AT BEGINNING OF FIRST PERIOD.
  - 8<sup>TH</sup> GRADE WILL RUN SPRINTS OR DISTANCE DURING THE CLASS PERIOD.
  - ANYONE INVOLVED IN FIELD EVENTS WILL NEED TO PLAN ON STAYING AFTER SCHOOL UNTIL 5 P.M.
  - HURDLE PRACTICE WILL MOST LIKELY BE IN THE MORNING BEFORE SCHOOL, MORE INFORMATION TO COME.
  - PARENT MEETING TBD.
- **PLEASE CHECK OUR TRACK WEBSITE FOR MORE DETAILED INFORMATION AS THE SEASON APPROACHES.**

# SOCCKER



- TRYOUTS WILL BEGIN AFTER TRACK SEASON IS COMPLETED.
- 15-20 WILL MAKE THE TEAM AS REQUIRED BY HUMBLE ISD ATHLETIC GUIDELINES.
- GAME DAYS WILL VARY DUE TO TESTING AND EASTER HOLIDAY.
- PARENT MEETING AND ALL OTHER PERTINENT INFORMATION WILL BE ON THE GIRLS SOCCER WEBSITE AS THE SEASON APPROACHES.

# OFF SEASON

- GIRL'S WILL HAVE AN OFF-SEASON PROGRAM ALL YEAR. OUR PROGRAM IS DESIGNED TO DEVELOP SPEED, AEROBIC CAPACITY (RUNNING), AGILITY, STRENGTH, CORE STABILITY, POWER, FLEXIBILITY AND WORK ETHIC.



# HYDRATION & NUTRITION

- **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.**
- **PLEASE ENCOURAGE YOUR DAUGHTER TO BRING A WATER BOTTLE EVERY DAY!!!! THEY NEED TO BE DRINKING WATER ALL DAY EVERYDAY.**
- **ALSO ENCOURAGE THEM TO EAT A HEALTHY BREAKFAST!!!!**
- **COME BACK IN SHAPE - DON'T BE A COUCH POTATO! SEE YOU SOON!**