

Westbrook Girls' Athletic Handbook

2023



2024

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GIRLS' ATHLETIC WEBSITE:
<http://wisgirlsathletics.weebly.com/>

*****Important Dates to Remember! *****

- | | |
|---------------------------------------------|------------------------------------------------------|
| ● August 18 th -19 th | Volleyball Tryouts |
| ● September 1 st | All physicals are due- or removal of athletics class |
| ● November 6 th -8 th | Basketball Tryouts |
| ● October 13 th | Cross Country begins |
| ● March 2023 | Golf Tryouts |
| ● February 2023 | Tennis Tryouts |
| ● February 12 th 2023 | Track & Field begins |
| ● March 19th 2023 | Soccer begins |
| ● May 2023 | Athletic Lock-In |

Mission Statement

The mission for the girls' athletic program at Westbrook Intermediate is to provide a culture that allows our student athletes to grow into hard-working, dedicated, and competitive individuals. Our program will allow our athletes to explore and compete in all disciplines of sports and we will provide a challenging atmosphere complementary to the academics offered at Westbrook. We will provide rigorous, intense, and up to date training methods that will give our athletes the edge that we aim for in all aspects of life. Ultimately, we strive to build the character traits that will help them grow into successful adults and members of society.

Philosophy Statement

Our philosophy is to create a competitive atmosphere and to relate it to all aspects of their life in order to help them leave intermediate school more prepared for high school as well as the real world. As our student athletes continue to grow, it is our job to incorporate life lessons into our philosophies in coaching and to create individuals that will do whatever it takes in order to be successful. We believe that coaching goes beyond athletics, but that we can have a culture of molding young athletes into hard working citizens that are not afraid to compete in real world settings.

We will participate in the district with nine other intermediates schools located within the Clear Creek Independent School District (24-6A), along with two Dickinson schools. Student-athletes will participate in basketball, cross country, golf, soccer, tennis, track and field, and volleyball. Each participant needs to enroll in the Athletics class, maintain academic standards, participate in any and all offered sports, and become an educated leader while consistently honoring school pride and spirit.

The success of our program will require the support of all individuals involved including the players, coaches, teachers, and administration. We are all willing to put forth the effort in order to make this program the best in the country and we demand the same from our students.

Westbrook Girls' Athletic Program Overview

The girls' program at Westbrook is designed to provide our athletes with the fundamental skill and competitive drive to help them succeed in athletics, academics, and in life. We achieve these goals by:

- Developing physical fitness and proper health habits
- Encouraging the spirit of good sportsmanship
- Developing pride in performance, dedication, and sacrifice for the good of the team
- Developing an appreciation for athletics and related activities through participation
- Developing self-reliance and a capacity for hard work
- Emphasizing and encouraging self-discipline, as well as team discipline
- Encouraging good conduct in all aspects of life
- Encouraging athletes to respect rules, respect others, and appreciate all involved
- Learning the importance of academics as it pertains to athletics

Injuries

Injuries are commonplace in the world of athletics. Throughout your daughter's career of participating in sports, she will most likely at some point experience muscle fatigue and soreness. This will most likely occur during the first few weeks of participating in athletics when we return to school. Rest, hydration, and diet will all be very important factors in your daughter's success.

Although we do not want an athlete to participate in sports if they are injured, we do ask that you help them to understand the difference between soreness and avoidance. If an injury does occur and an athlete is out for more than 2 days, it will be necessary to have a doctor's note prior to participating in athletics.

Participation

Participation in all sports is highly encouraged. This is especially true for running cross country and track. These sports provide strength and speed training that is an essential part of all sports and will enhance the overall success of the entire program. You **MUST** participate in at least 1 sport in the fall, and at least 1 sport in the spring to be considered for athletics as an 8th grader.

When participating in athletics, all girls are required to wear Westbrook athletic clothing which consists of shorts of proper length (black or red only), shirt (athletic shirts we sell, or PE outfit), and appropriate workout shoes. No outside clubs or other school attire is appropriate.

Code of Conduct

1. Athletes must be on time for all practices and events. Consequences will be enforced
2. Athletes must attend all practices. Valid excuses will be handled on an individual basis
3. Athletes will ride the bus to and from competitions (Alternative Travel forms for special situations)
4. Athletes will dress and attend practices and events even if injured
5. Athletes are responsible for care of equipment and uniforms issued to them.
6. Athletes are responsible for communicating all departure and arrival times to their parents
7. Athletes must maintain academic standards as set by the State of Texas. As coaches, we encourage higher standards as set by the state (we aim for above 74 average) and we expect students to comply with grade checks and mandatory tutorials when not in compliance
8. Athletes are expected to behave properly in the classroom. Consequences will be enforced
9. All athletes are expected to follow instructions of the coaching staff, be respectful to teammates and maintain an honorable commitment to their team
10. Uniform/equipment is only to be worn on game days
11. Athletes will represent Westbrook Intermediate School in a manner which would make the school and themselves proud. This includes all home and away events. Consequences will be enforced
12. After 3 different ISS occasions, you will be removed from the athletics class period, per coaches discretion.

Athletic Class Rules

1. Being in athletics is a privilege, not a right
2. Physicals are due by Friday September 1st 2023 or you will be removed from the Athletics class
3. There are consequences for grades under a 74 or negative comments
4. Students must be completely dressed before leaving the locker room
5. Students are not permitted to share lockers. All items must be locked in their assigned locker
6. No jewelry, candy, gum, or cell phones are to be used in the gym
7. Cell phone use of ANY kind is NOT permitted in the locker rooms. We will turn in your phone to the office
8. Must be in proper athletic uniform daily and dressed out daily (even if not participating)
9. Students leaving campus during athletic periods still need to be checked out in office
10. Students may not prop open doors that lead to the outside (safety issue)
11. Students must return all issued gear by date specified by coaches. The list to replace these items is listed below.

Prices per item if any item is lost/misplaced:

Item:	Price:
VB Jersey	\$30.00
VB Spandex	\$20.00
BB Jersey	\$35.00
BB Shorts	\$35.00
BB Shooting Shirt	\$35.00
BB Practice Jersey	\$25.00
Backpack	\$35.00
Track/CC Top	\$30.00
Track/CC Bottom	\$30.00
Tennis Shirt	\$25.00
Tennis Skirt	\$30.00
Golf Skirt	\$30.00
Polo Golf Shirt	\$30.00
Soccer Jersey	\$30.00

Westbrook Girls Athletics Handbook

Name: _____ Grade: _____ Date: _____

I have read and fully understand the Westbrook Girls Athletic Handbook guidelines and will abide by these rules. If I cannot follow the expectations, I understand that I can be removed from the athletics class.

Print athletes name

Signature of athlete

I have read and fully understand the Westbrook Girls Athletic Handbook guidelines, and will encourage my daughter to abide by these rules. If she cannot follow the expectations, I understand that she can be removed from the athletics class.

Print parents name

Signature of parent