

WFMS Girls Coaching Staff :

-Coach Gilbert: Girls Coordinator, Head VB and Head Track

-Coach Jones: Head XC and Head BB

-Coach Yannazzo: 8th BB and 7th Soccer

-Coach Abernatha: 8th VB and Track

**-Coach Cole: 7th VB, Track and
8th Soccer**

-Coach Merce: 7th BB and Track

-Coach Mahle: 7th VB and 7th BB



NCISD Chain of Command:

- > **Athletes Coach**
- > **Head Coach of the Sport**
- > **WFMS Girls Athletic Coordinator (Gilbert)**
- > **WFHS Girls Athletic Coordinator (White)**
- > **Assistant Athletic Director- Matt Farmer**
- > **Athletic Director- Jimmy Holley**

Our Athletic Trainer!

- Licensed & Certified Healthcare Professional
- Physicals - online & doctor form
- Doctor Notes
- Treatments
- Drug Testing
- Insurance
- Medication
- Scan to visit my website



Mrs. Schilz !

(281) 622-3204

mschilz@newcaneyisd.org



Physicals

Physicals and Online forms are a must every year to be able to participate in Athletics.

You can start getting physicals the first week of April until the last week of school. All Physicals and Online forms must be turned in no later than the last day of school. If you do not meet the deadline, they will be removed from athletics for the coming year.

Communication

Remind:

Most of yall should automatically be on Remind. From WFMS setting it up, but if not here is the code.

Code:

8th Grade: @8falconath

7th Grade: @7falconath

Emails:

Coach Gilbert: hgilbert@newcaneyisd.org

Coach Jones: tjones@newcaneyisd.org

Coach Yannazzo: gyannazzo@newcaneyisd.org

Coach Abernatha: sabernatha@newcaneyisd.org

Coach Cole: mcole@newcaneyisd.org

Coach Mercier: cmercier@newcaneyisd.org

Coach Mahle: cmahle@newcaneyisd.org

Woodridge Forest Athletics Mission Statement

Our Athletic Program will develop relationships with the student-athletes in our program is an attempt to inspire and lead them toward excellence in all aspects of life. Our program will provide student-athletes an opportunity to pursue and understand the values of attitude, character, commitment, leadership, sportsmanship, responsibility, accountability, decision-making, work ethic and teamwork.

What is Athletics?

If you are in athletics you are expected to tryout/participate in the sports that are offered at WFMS. This is not a P.E. class. We are competitive sports class focusing on XC/VB/BB/Track/Soccer and Offseason.

You are expected to dress out and participate everyday. You will be removed from the class if this is a continuously issue. Each athlete is given a locker with its own combination. They are to keep it locked at all times. Please remember your combination and do not give it out to anyone! We are not responsible for stolen items that should be in your locker and locked away.

Athletics...

It is very important that the athletes drink plenty of water and have a balanced diet.

8th graders have athletics 1st period, in the morning, they need to be sure to eat breakfast at home or at school. 7th graders have athletics at the end of the day they need to make sure to eat lunch and bring a mid afternoon snack.

If they didn't eat or have water please have them come talk to us!

Athletics...



- Hair is pulled back
- Tennis Shoes
- Braces(Knee,Ankle)
- Jewelry is off(No new piercings)

- We wash their Gear!

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 the athletes and cross-sports participation will only strengthen each individual athlete in our athletic programs.

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

What are the expectations?

New Caney ISD considers being in athletics a privilege, thus it carries responsibilities. Athletes are held to a higher standard and should know that inappropriate behavior is not tolerated.

WFMS athletes are expected to be the best of the best in the classroom/hallways and school community. Athletes shouldn't be in TNS/FNS/ISS/TLC/Suspended. These offenses come with additional athletic consequences.

What are the expectations?

Each athlete is a representative of our Athletic program in and out of Athletics. They are expected to display integrity and sportsmanship at all sporting events; home and away!

Each athlete will respect others (Teammates, teachers, peers, referees, other schools, etc) even when they don't agree with them.

All athletes will be a POSITIVE example of WFMS at all times!

Inappropriate behavior will result in consequence.

What are the expectations?

Us coaches are getting you prepared for the High School programs!

Maximize your personal athletic ability by working hard, giving it your best effort, and taking care of yourself with healthy habits!

Positively represent Woodridge and yourself at all times!

Grades in the Classroom

Our Student-Athletes are Students before they are Athletes. Athletes are expected to attend all of their classes and go to tutorials if needed. Athletes are expected to abide by all UIL rules, and **no pass no play** → must keep grades at a 70 or above in order to remain eligible.

1st six weeks and then every 9 wks grades count towards UIL eligibility.

Grades in the Classroom

Pink Sheet on next
Slide

If a athlete is failing for the week they will get a pink sheet for tutoring this is a communication for the athlete/parent/teacher and coach that the athlete needs to take care of their grades. They will have a consequence for getting one and for not turning it back in to a Coach by Friday. They must get it signed by the teacher whose class they are failing and by the parent.

*If they get 9 or more per semester they will be removed from the program.

Grades in the Classroom

This sheet must be signed and dated for each class listed above, that you received tutoring. You must also have a parent signature before you turn in this paper to your coach.

Tutoring sheets are DUE on the Friday of the same week you received it. Failure to turn in this sheet will result in a consequence!

Parent Signature : _____ Date: _____

Teacher Signature: _____ Tutoring Date: _____

Teacher Signature: _____ Tutoring Date: _____

Teacher Signature: _____ Tutoring Date: _____

Teacher Signature: _____ Tutoring Date: _____

Teacher Signature: _____ Tutoring Date: _____

Teacher Signature: _____ Tutoring Date: _____

Social Media/Cell Phones

Social Media:

- Think BEFORE you post!
- Any social media post must be appropriate, especially if you are in WFMS gear!
- Any inappropriate social media posts will result in a Conference with WFMS and WFHS coordinators.

Cell Phones:

Should not be visible in the locker room, must be in backpack at all times as soon they step foot in the locker-room. If a cell phone is visible this is a Level 3 consequence.

Inappropriate Behavior

Level 1

- Late to Athletics
- Jewelry on
- Hair not pulled back
- Shirt not tucked in
- Wrong gear on
- Forgetting locker combination
- Clothes not Clipped
- Leaving items outside of locker

*These are a few examples

Consequence

Inside:

-2 Lunge laps around the gym

Outside:

-20 Burpees

Inappropriate Behavior

Level 2

- Email from Teacher
- Pink Sheet
- Disrespectful to Coach/Teammate

**These are a few examples*

Consequence

Inside:

- Email, Disrespectful- 1 towel push around the gym and 10 sprints

Outside:

- Email, Disrespectful, Pink Sheet- 1 up/down on field there and back and 5 sprints

***All pink sheet athletes will go outside, if raining they will all do 3 towel pushes inside.**

Inappropriate Behavior

Level 3

- Cell Phone in Locker-Room
- Thursday Night School
- Friday Night School
- ISS
- TLC
- Suspended

*These are a few examples

TLC-suspended 1 week from competition for every 15 days of assigned time upon return to school.

Consequence

Inside:

-Cell Phone, TNS, FNS- 2 towel pushes around the gym

-ISS/Suspended-

3 towel pushes around the gym per day in ISS/Suspended

-TLC-

4 towels around the gym and 5 sprints for every 5 days in TLC

Outside:

-Cell Phone, TNS, FNS- 2 up downs on FB field there and back

-ISS/Suspended-

3 up/downs there and back per day in ISS/Suspended

-TLC-

4 up/downs there and back and 5 sprints for every 5 days in TLC

Documentation

WFMS Athletic Referral
2022-2023

Athletes Name _____ Grade ____ ID _____

Minor #1 - Behavior Date _____

Disruption Out of Dress-code Email from Teacher Failing Report Card

_____ Other _____

Description - _____

Coach Action

Other Interventions _____

Coach's Signature _____ Athletes Signature _____

Each girl gets this documentation sheet, this is away we keep track of any concern/issues we may have.

Athlete of the Week!

Us coaches will vote on a athlete of the week depending on Work ethic,Leadership, Attitude, Behavior,Teamwork etc. There will be a athlete chosen per sport/season.

**Example: Volleyball,Cross Country and Offseason!
Starting in the next couple weeks!**

Sports Season Calendar

-Cross Country (September-October)

-Volleyball (August-October)

-Basketball (November- January)

-Track (February-March)

-Soccer (April-May)

Sports!

-Cross Country tryouts

7/8th: 8/28

-Volleyball tryouts

7th: 8/16-8/18

8th: 8/17-8/18

-Basketball tryouts

7th: 10/30-11/1

8th: 10/30-10/31

-Track tryouts

7/8th: 2/1-2/5

-Soccer tryouts

7/8th: 3/28-3/29

*This is subject to change.

Off Season

- Tryouts will be conducted for all sport offered.
- The athletes that don't make the team or the ones that didn't tryout will be in our offseason program.
- Offseason includes strength training, conditioning, weight room training, circuit training, agilities and speed drills.

Off season is a fun and challenging way to develop speed and strength while preparing for the upcoming sports and tryouts.

Before you go...

**Welcome to
the Falcon
Family!**

*We are so excited for
this year!*

- 1.) **JOIN REMIND!**
Code: 8th Grade: @8falconath
7th Grade: @7falconath
- 2.) **Please Sign the last page of
Hand out.**
- 3.) **Follow us!**
WFMS Facebook
Twitter: @FalconAthletic4

