

McCullough Junior High School
Athletic Information
2023-2024

This information sheet outlines athletic opportunities at McCullough Junior High for the **2023-2024** school year. In order for a student to participate in or try out for a sport, the school must have a physical form completed by a medical doctor and a profile set up on Rank One. Blank physical forms are available at our McCullough Junior High website Athletics Page, as well as our front office. Please make sure that physicals are dated **April 15, 2023** or later, so that the athlete will be in good standing for the entire **2023-2024** school year. These completed and signed forms must be on file with the athletic coordinator before the young person can try out or participate in athletics. It is important that the student is committed to playing a sport before signing up. Being an athlete at McCullough Junior High is a great experience, but also takes tremendous commitment. Please examine the responsibilities closely before making the year-long commitment. For more information on our athletics program, or to download a blank physical form for doctor use, please access our athletic page at <https://mccullough.conroeisd.net/department/directory/athletics/>.

Cross Country – (Boys’ and Girls’) Cross Country is a competitive U.I.L. sport which meets during the school day. A student needs to sign up for cross country prior to the **April 1, 2023** deadline. Participation in cross country will replace required P.E. for a seventh grade student, and two elective choices for an athlete entering eighth grade. **Students must meet a minimum time requirement to remain in the CC class.** Tryouts for CC will be the first week of school. Please be aware this organization may run 20-25 miles per week and will compete against other cross country teams from our area. This group will be in the regular athletics off-season class at the conclusion of cross country season. During the season, cross country may practice before or after the regular school day. Most meets are on Friday evenings, with a few occurring on Saturday mornings.

Volleyball – (Girls’) Volleyball is a competitive U.I.L. sport which meets during the school day. This group will be in the regular athletics off-season class at the conclusion of volleyball season. Tryouts for volleyball will occur on **August 14th, 15th, 16th and 17th** and if needed **August 18th**. If it is necessary, there will be a first cut on **August 15th**. On **August 14th**, 7th graders should show up at 6:45 a.m. to turn in completed physical form dated after **April 15th, 2023**. Times will be from 7:00 a.m. – 8:15 a.m. for seventh graders and 4:00 p.m. – 5:30 p.m. for eighth graders Attendance at all tryout times is mandatory in order to make the team. You need to wear proper gym attire and your own water (knee pads are optional). McCullough will have four volleyball teams (two 7th and two 8th grade teams) if numbers allow. As volleyball is a tryout sport, any students making the team will have schedules changed early in the year to be placed into the athletic class period.

Football – (Boys’ and Girls’) Football is a competitive U.I.L. sport which meets during the school day. Seventh grade will meet in the regular athletics off-season first block class each red day. Eighth grade will meet fourth block each green day. Equipment issue day will be **August 5th**. Eighth grade equipment issue will be from 8:00 a.m. until 11:00pm. Seventh grade football equipment issue will be from 1:00 p.m. until 4:00 p.m. Equipment pass out will be done alphabetically. Students must be present in order to receive equipment. Any student not present on Equipment Issue Day will receive equipment the first week of school. You need to bring the following items with you: white calf length socks, completed physical form, white towel and cleats (preferably black cleats). The Quarterback Club will have optional items on sale. There are no tryouts for football. The first day of practice is **August 10th**. A \$20.00-\$25 charge for the athletic practice shirt and shorts will be collected if clothes were not purchased online.

Basketball – (Boys’ and Girls’) Basketball is a competitive U.I.L. sport which meets during the school day and practices before or after school. Students making the basketball team will be in the regular athletics off-season class at the conclusion of basketball season. Tryouts for basketball will be in late October or early November. Students wishing to try out must bring a physical form dated after **April 15, 2023**.

Track – (Boys’ and Girls’) Track is a competitive U.I.L. sport which meets outside of the school day and does not have an athletic class. Participation in track and field does not replace physical education class. Track will begin in January. All participants must have a completed physical form on file at the school. Track is open to all students that meet eligibility requirements by U.I.L. Each participant will try out for the events he/she wishes to compete in. Students will not be placed in an athletic period for track and need not be enrolled in athletics to participate.

Club Tennis – (Boys’ and Girls’) Tryouts for club tennis will be held in late February. Students must listen to announcements for the time and place. A completed physical form is required in order to try out. Tennis will meet outside of the school day and a student need not be enrolled in athletics to participate. Tennis does not meet during the school day and does not replace physical education. Tennis tryouts in the spring are only for current McCullough Junior High students.

Club Golf – (Boys’ and Girls’) Tryouts for club golf will be held in March or April at the conclusion of track. Students must listen to announcements for the time and place. A completed physical form is required in order to try out. Golf will meet outside of the school day and a student does not have to be enrolled in athletics to participate. Golf does not meet during the school day and does not replace physical education. Golf tryouts in the spring are only for current McCullough Junior High students.

Club Soccer – (Boys’ and Girls’) Tryouts for club soccer will be held in March. Students must listen to announcements for the time and place. A completed physical form is required in order to try out. Soccer will meet outside of the school day and a student does not need to be enrolled in athletics to participate. Soccer does not meet during the school day and does not replace physical education. Soccer tryouts in the spring are only for current McCullough Junior High students.

If you have any questions regarding athletics, please e-mail Lance Skinner, Athletic Coordinator, at cskinner@conroeisd.net.

Key Dates - All dates & times are tentative

Date	Time	Event
August 5 th	8 th Grade 8:00 a.m. – 11:00 a.m. 7 th Grade 1:00 p.m. – 4:00 p.m.	Football Equipment Pickup
August 10 th	7:00 a.m. 2:36 p.m. 7:00 a.m. TBA	First Football practice for 7 th grade First Football practice for 8 th grade Boys’ Cross Country practice begins Girls’ Cross Country practice begins
August 14 th	7:00 a.m. – 8:35 a.m. 4:00 p.m. – 5:30 p.m.	7 th Volleyball tryouts begin 8 th Volleyball tryouts begin
Early November	TBA	Girls’ Basketball team tryouts Boys’ Basketball team tryouts
January	TBA	Track begins
Late February or March	TBA	Tennis, Golf, & Soccer tryouts

- Please note that all dates are tentative and changes may be necessary depending on the final calendar or facility availability. Final dates and times will be available at the beginning of the school year. All students need to make sure that they pay attention to announcements and signs posted throughout the building. The dates advertised and announced at the beginning of school will be followed unless special circumstances occur.
- Students must remain eligible to participate in athletic contests. Please note that students must pass all courses to be eligible, including Pre-AP classes. For a list of eligibility dates, please visit the Athletics Page of our website.
- All athletes, drill team members, and cheerleaders need to have a physical on file prior to tryouts or participation. Please make arrangements with your student’s physician as early as possible in order to have this completed on time.
- In previous years, doctor offices have limited the number of physicals they will conduct in a day or week. Please secure an appointment as early as possible to assure that the form is complete.
- Physical forms will be made available as soon as possible. You can download a blank physical form for doctor use from the Parent Services Page of our website. Please access our site via www.conroeisd.net.
- A parent/student meeting may take place for each sport. All meetings will take place prior to tryouts for all activities starting after the second week of school. Activities starting prior to the second week of school will have a meeting as soon as possible.
- Volleyball, Cross Country, Football, and Basketball are sports that have an athletic period.
- Only one physical is needed for all sports. Please make sure the physical is dated April 15, 2023 or later.

Head Coaches

Football – Lance Skinner	Volleyball – Theresa Marquis
Boys Basketball – Brett Heath	Girls Basketball – Kristi Dawson
Boys Cross Country – Edgar Cantu	Girls Cross Country – Kristin Collins
Boys Track – Mark Johnson	Girls Track – Kelley Vader
Boys Soccer – Tyler Baird	Girls Soccer – Katie Meyer
Tennis – Alan Arnold	
Golf – Thomas Lubenau	