



McCullough Junior High Girls Athletics

2024-2025

This presentation is on the McCullough website for your review. There is no pressure to take notes.





Girls Head Coaches

<p>Volleyball: Coach Marquis tmarquis@conroeisd.net</p>	<p>Girls Basketball: Coach Marquis tmarquis@conroeisd.net</p>	<p>Girls Cross Country: Coach Collins kcollins@conroeisd.net</p>
<p>Girls Soccer: Coach Dawson kridawson@conroeisd.net & Coach Kennedy kbkennedy@conroeisd.net</p>	<p>Girls Track: Coach Vader kvader@conroeisd.net</p>	<p>Girls Tennis: Coach Corjay acorjay@conroeisd.net</p>
	<p>Girls Golf: Coach Broom lbroom@conroeisd.net</p>	<p>*subject to change</p>



Expectations and Understandings



- Have fun and prepare you for the high school program
- Maximize personal athletic ability
- Become effective working in a team environment
- Positively represent McCullough - and yourself - at all times
- Wherever you are, you are identified by others as a McCullough athlete





Social Media



- Think BEFORE you post!
 - Harassment, bullying, sexting, or any inappropriate use of an electronic communication tool can or will get you suspended or removed from athletics
 - This includes summer and weekends!
- Know your child's real social media account.
 - This includes - but is not limited to - Facebook, Instagram, Snapchat, and Twitter
 - You always represent the team, including when you are in the real world and the virtual world.



Academics



- Academics come first!
- No exceptions
- 1st six weeks grades count, and then every 9 weeks grades



No Pass, No Play

- Progress report and UIL Eligibility Chart are posted on our website
- Grades for a semester exam are not part of UIL eligibility
- Parents can monitor grades on Parent Access Center
- Honors classes count toward eligibility - normally suggest no more than two honors classes
- This is a state law!



Homework, Tests, and Classwork



- Students are responsible for homework and tests even if they have a game the evening before
- Most games finish before 9:00 PM
- Students are responsible for any work missed due to early release



Sports Offered



Year-Long Classes

- Cross Country (season Aug-Oct)
- Football (season Aug-Nov)
- Volleyball (season Aug-Nov)
- Basketball (season Nov-Feb)
- Cheer
- Highland Girls
- Color Guard



After-School Sports (not a class)

- Track (season Jan-Mar)
- Tennis (season Mar-May)
- Soccer (season Apr-May)
- Golf (season Mar-May)





Class Periods



Example of Red and Green Day Calendar Month

September 2023						
S	M	TU	W	TH	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 7th grade athletics - generally 1st period (red days) and 5th period (green days)
- 8th grade athletics - generally 4th period (red days) and 8th period (green days)
- Cheer - 8th period (green days)
- Highland Girls - 4th period (red days) or 8th period (green days)
- Color Guard - 4th period (red days) or 7th period (green days)



Physicals



- In order to try out for any sport, you must have a current physical dated April 15, 2024 or later.
 - Physical forms should be online in April - a link will be sent out
 - ALL students must have a travel permit signed before they are allowed to ride the bus to games (the travel card is on the front page of the physical)
 - All athletes will sign the McCullough athletic rules.
- There will be an optional Physical Night at TWHS this spring.
 - Do NOT turn in physical to the front office or nurse.
 - Do NOT email your physical to the coach - only hand-deliver.
 - Do NOT turn in shot records with the physical - shot records go to school nurse.
 - All parents must also set up a Rank One profile: [LINK](#)



State Concussion Protocol



- Set up by the state of Texas and CISD
 - Must be followed ANY time a concussion is suspected, including concussions that occurred outside of school
 - Before an athlete can return to practice:
 - 24 hours symptom-free
 - Cleared by a medical doctor - form turned in to coach
 - 6-step UIL Protocol begins
- *If symptoms return at any time, the process starts over.



Practices Outside of Class



- Only occur during season (exception - cross country)
- No practice on games days before or after school (normally)



7th Grade practices - before school

- Start at 7:00 AM
- Suggested arrival time: 6:35 AM
- Drop off - west side of school (by stadium)

8th Grade practices - after school

- End at 5:30 PM
- Pick up on west side of school (by stadium)
- Please be patient, attentive, and mindful of others during pickup.



Payments and Fees



- Some sports require an equipment fee to purchase a uniform (see coach for details)
- Entrance fees are required for basketball, football, volleyball, and soccer games
 - CISD: \$2 for adults, \$1 for students - exact change appreciated
 - Outside of CISD: prices may be more (Magnolia: \$5)
 - All prices are subject to change!



Game Days



Food

- Some sports offer optional meal delivery on game days
- You must purchase and fill out form for food - not provided by booster club
- Athletes can also bring food from home.
- It is the athlete's responsibility to pick up their food on game days!

Transportation

- The school will provide transportation for students to games (exceptions - golf and tennis).
- All football players ride to AND from games on the bus - no exceptions.
- Other sports - legal parent or guardian may take home their child after sporting event is finished.
- Directions to games are posted on the website
- Twitter updates: @McCulloughCISD and @McCJHFootball



Fan Behavior



- The athletic participants are in JUNIOR HIGH.
- No scholarships are given out at junior high games.
- The referees are human.
- Fans exhibiting bad behavior can and will be removed from the game, which is embarrassing for all involved.
- You could end up on Youtube!





Volleyball: Coach Marquis



- Tryouts: 1st week of school (usually)
 - 7th grade: 6:45 - 8:15 AM
 - 8th grade: 4:00 - 5:30 PM
 - No makeup days for missing tryouts
 - You must attend all tryout days!
- Season: August - November
- Practice uniforms required to purchase
- Sign up for volleyball class when selecting courses. Students who do not make the team will get a schedule change.

PE	Select...
Ele-Athletics	Select...
Ele-General	Boys Bball 7 A (7513A) [0.5]
Fine Arts	Football 7 A (7512A) [0.5]
Foreign Lang	Cheerleading 7 A (9714A) [0.5]
Health	Color Guard 7 A (7530A) []
Local	Cross Country 7 A (7526A) [0.5]
Alternatives	Drill Team 7 A (7505A) []
	Girls Bball 7 A (7517A) [0.5]
	Girls Volley 7 A (7511A) [0.5]

Cross Country: Coach Collins

- Tryouts: 1st week of school
 - 7th Grade Girls - 2 miles in 18 minutes
 - 8th Grade Girls - 2 miles in 17 minutes
- Sign up for CC class when selecting courses. Students who do not make the team will get a schedule change.
- The top girls in each grade will attend the meets - *will try to take each athlete to at least one meet.
- VERY RIGOROUS: DO NOT join just because your friend is!
- Most team members are in a summer training program - multiple in our area.



PE	Select...
Ele-Athletics	Select...
Ele-General	Boys BBall 7 A (7513A) [0.5]
Fine Arts	Football 7 A (7512A) [0.5]
Foreign Lang	Cheerleading 7 A (9714A) [0.5]
Health	Color Guard 7 A (7530A) []
	Cross Country 7 A (7526A) [0.5]



Basketball (Off-season)



PE	Select...
Ele-Athletics	Select...
Ele-General	Boys BBall 7 A (7513A) [0.5]
	Football 7 A (7512A) [0.5]
Fine Arts	Cheerleading 7 A (9714A) [0.5]
Foreign Lang	Color Guard 7 A (7530A) []
Health	Cross Country 7 A (7526A) [0.5]
	Drill Team 7 A (7505A) []
Local	Girls Bball 7 A (7517A) [0.5]
Alternatives	



- Sign up if interested in basketball and NOT participating in football, CC, or VB in the fall.
- Being in class does NOT guarantee a spot on the basketball team!
- Students will be evaluated during the school day the first week of school.
 - Meet requirements: stay in class
 - Don't meet requirements: schedule change
- Those who do not make the class can still try out for the team in November.



Basketball: Coach Marquis



- Tryouts: EVERYONE will tryout in November for the team.
 - Anyone can tryout (with a proper physical)
 - 25-27 make the team
 - 2 teams per grade: A and B
 - Must attend all tryout days
- Season: Nov-Feb
- Games: Normally on Thursdays at 5:30 PM
- Tournaments on Fridays and Saturdays



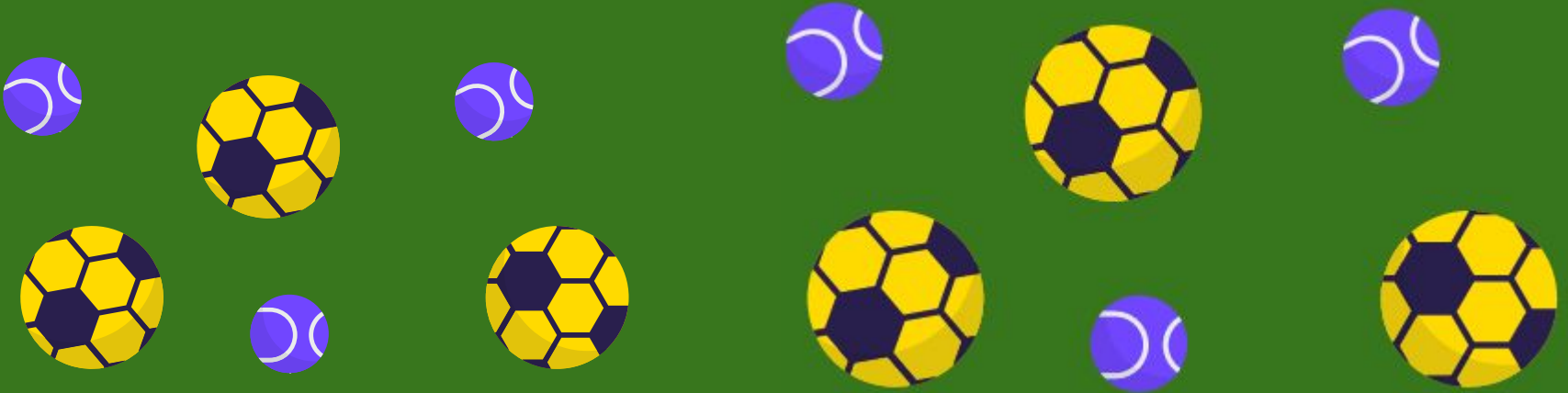
Athletics Off-Season

- Goal: prepare for next year's athletic competitions.
- Rigorous, competitive, rewarding
- Includes all athletes who are not currently in season
- Begin school at regular time when not in season (no before or after school practices)
- Students will go outside, even when it's cold!
- Students will remain in off-season the rest of the school year to fulfill their PE requirement and continue development



After-School Sports

- Seasonal and outside of the school day
- Track and Field, Golf, Tennis, Soccer
- Do not plan your year around an after-school sport!
- Short seasons
- Not offered as a class
- Do not count towards PE requirements

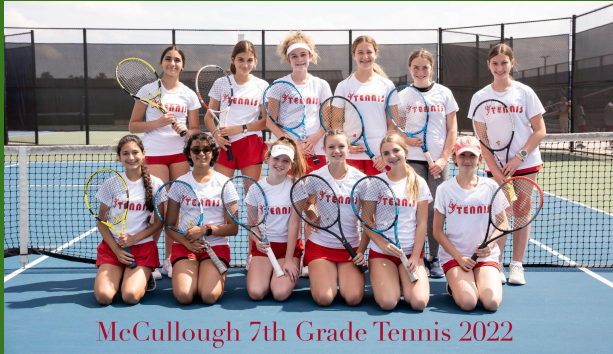


Track: Coach Vader

- Everyone who comes out for track is considered a member of the team!
- UIL rules normally allow us to take FOUR athletes per event to participate at meets.
- Practices: 4:00 - 5:15 PM (tentative)
- Not offered as a class
- Students do NOT have to be in athletics to participate in track.
- Many cheer, drill team, orchestra, band, PPE, choir, soccer, color guard, etc. participate in track.
- Both boys and girls generally go to same meets.



Tennis: Coach Corjay



- Tryouts: held in early March
- Practice: usually after school
- Home meets occur at TWHS
- Must have a proper physical
- Must attend meeting before tryouts and all tryout days
- Tennis is not offered as a class during the day.



Golf: Coach Broom

- Season: April (after track)
- Tryouts: march
- Must have a proper physical to try out
- No formal practices - students practice on their own
- Members of the team attend at least one tournament





Soccer: Coach Dawson & Coach Kennedy



- Tryouts: March
- Season: March-April (after track)
- Must have a proper physical to try out
- Must attend all tryout days
- Practices: Mondays and Wednesdays after school 4:15 - 5:15 PM
- Games: Thursdays usually at 5:00 PM and 6:00 PM



Common Questions

Is there a baseball or softball team?

- No junior high baseball or softball in Texas
- Both sports begin in 9th grade at TWHS

Can I do athletics and fine arts?

- Yes! They are only kids once.
- Take these two years to figure out what you want to do in high school
- Example: there are over 50 students in band and football!



Thank you for your interest in McCullough Athletics!

**This presentation is available for
review on the Athletics Page of
our website.**

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