Abell Athletics Information 2018-2019

ONLY PERTAINS TO STUDENTS SIGNED UP FOR ANY ABELL SPORT or ATHLETIC SKILLS

Welcome to Abell Athletics!

The coaching staff at Abell Junior High would like to welcome you and congratulate you on your decision to become a part of the outstanding tradition of athletic and academic success at Abell Junior High. Abell girl’s athletics as a class will have volleyball, basketball and track. Abell boy’s athletics as a class will be for football only. We also have a cross country team that will practice before or after school, a soccer team from April-May that will practice after school, a tennis team that is a separate class from athletics, a swimming team that practices before school at the COM and an athletic skills class.

Expectations

We expect our athletes to excel in all aspects of their lives, including academic success in the classroom. We take pride in everything we do. We want every athlete at Abell to learn discipline, dedication, respect, and hard work while having a great time excelling in athletics and enjoying the comradery of being a part of a team. Student-athletes should be role models for their peers through their behavior and dedication to success on the court and in the classroom.

Becoming Part of Our Athletic Family

Abell is an extension of Lee High School. We use the term, “famiLee,” to explain how once you become a part of our program; you are a part of the Lee family. This means you are more than just a member of a team in an athletic event. You are cared for by your coaches and teammates and will always be both an Eagle and a Rebel. As an extension of Lee High School, our teams will be instructed and guided by Lee High School coaches on how to run the Abell athletic program. The Lee head coaches provide drills, practices plans, and game plans that our coaches are required to follow.

Requirements for Athletics

- **Athletic Physical**: The physical must be completed prior to the first day of school, August 15th, in order to participate in athletics. You **must** complete the physical on the proper MISD 2018-2019 physical packet which can be found on the Midland ISD website.

  - 8th Grade Monday, July 30th from 5:30pm-7:00pm in the Abell gym.
  - 7th Grade Tuesday, July 31st from 5:30pm-7:00pm in the Abell gym

We will only accept physicals on the correct form from Midland ISD that are signed by a physician and by a parent or guardian on all pages. These packets can be found online on the MISD/Abell website or you may pick them up in the front office at Abell. **DO NOT TURN PACKETS INTO THE FRONT OFFICE. You may turn them into Coach Foster (girls’ athletic coordinator) or Coach Johnson (boys’ athletic coordinator) at Eagle Expo or on the first day of school.**

- **Athletic Clothes** (Required for: girl’s athletics, boy’s athletics, athletic skills, tennis, cross country, soccer and group fitness class):
  
  Every athlete must purchase an athletic clothes package. Students will be required to wear the correct shorts and shirts each day during their athletic period. Flyers will be posted on the Abell website with step by step instructions on where to order the clothes. You may visit [https://abellathletics2018.itemorder.com](https://abellathletics2018.itemorder.com)

- **Volleyball Tryouts** You must have a completed MISD physical turned in to Coach Foster in order to try out for volleyball. If you have not received your clothing packet in time for tryouts, girls should wear black shorts and an Abell or royal blue shirt. Girls are only allowed to wear spandex to after school tryouts; they are not allowed to wear spandex during the athletic period.

  - 7th and 8th Grade Tryouts: Wednesday August 15th – Friday, August 17th from 4:10-5:30pm.

- **Girls Lockers** will be assigned the first day of school for athletes who have turned in a completed physical.

  *You will not receive your locker until you have turned in a completed MISD physical packet to Coach Foster. We will provide girl athletes with a school issued lock.*
Football:
- Equipment will be handed out on the following days:
  - 8th Grade Monday, July 30th from 5:30pm-7:00pm in the Abell gym.
  - 7th Grade Tuesday, July 31st from 5:30pm-7:00pm in the Abell gym
- You must have a current MISD physical to receive your football equipment.
- Football practice begins the first day of school. Athletes must have a white shirt, black shorts, cleats, and the issued helmet to participate. (Or Abell Athletic clothing package)

Boys Lockers: Boys are responsible for providing their own COMBINATION LOCK for their athletic locker. Note: You will not receive a locker until you have a completed MISD physical on file with Coach Johnson.

Cross Country: Cross Country will be before school Monday-Friday from 7:00am-8:00am (Practice times are subject to change). For anyone interested in running cross country, the first day of practice will be August 16th at 7:00am (meet at the outdoor basketball courts behind Abell).

Tennis: Tennis will have their own class. If you are interested in being on the tennis team you must get into the tennis class period. If you are in the tennis class, you are expected to attend all after school practices. You will be given more information about the tennis team the first week of school.

Swimming & Diving: Tryouts will start Monday, August 20th through Wednesday August 22nd from 7:30am – 8:00am at COM swimming pool. Bus transportation will be provided after tryouts back to Abell. If you have any questions, please email Steven.Flato@MidlandISD.Net.

Soccer: There will be a beginner’s soccer class. However, you do not have to be in this class to try out for soccer. This class is only for students want to learn about soccer and who do not want to participate in any other sports other than cross country. There will be a tryout in April to make the soccer team. Athletes who make the team will practice after school.

Pep Squad: Pep Squad is open to any 7th grader who would like to join. During the first week of school there will be sign ups and a mandatory meeting. Any student who wants to join must attend the meeting, a uniform fitting, and submit payment by the due date to be considered for Pep Squad.

Cheerleading, Pep Squad and Step team are not a part of Abell Athletics class.

Athletic Skills: This class will focus on weight training, agility and preparation for current and upcoming sport tryouts.

Summer Camps: We encourage all athletes to participate in the Midland Lee Summer Camps. You can find information on the following website: WWW.LeeRebelSports.Com.

Summer Strength and Conditioning: We would love for all future and current athletes to attend the Lee strength and conditioning program this summer. Workout schedules will be available on the Abell website as information is given.

Note on the Athletics Class

It should be noted that just because a student begins the year in athletics does not mean they will remain in athletics. After an athletic evaluation, some students may be transferred out of athletics and into athletic skills. However, all students can still tryout for volleyball, football, cross country, basketball, tennis, soccer and track and field. In addition, during the school year, a student may be removed from athletics if a student becomes academically ineligible, if a student is assigned to ISS or DAEP, or if a student is a consistent behavior problem.

Check List

☐ 2018-2019 MISD physical packet, completed and signed on ALL PAGES.
☐ Turn physical packet on assigned days to Coach Foster (girls) or Coach Johnson (boys).
☐ Purchase the athletic clothing packet.
☐ Please continue to check the Abell website through the summer and school year for any new information or changes regarding Abell Athletics.

If you have any further questions on girls’ athletics, please e-mail: Angie.Foster@MidlandISD.net.

If you have any further questions on boys’ athletics, please e-mail, Ray. Johnson@MidlandISD.net

Sincerely, The Abell Coaching Staff