

McKinney ISD Middle School Athletics

Jennifer Frazier
MISD Director of Athletics



Sports Offered in Middle School



Cross Country

August - October



Football

August - November



Volleyball

August - November



Basketball

November-February



Track & Field

February - April



Tennis

February - April



Soccer

April - May

Practice Times for Each Sport



Cross Country

7:15 – 8:15 am



Football

6:45 – 8:15 am



Volleyball

7th Grade: 6:45 – 8:30 am
8th Grade: 3:45 – 5:15 pm



Basketball

7th Grade: 6:45 – 8:30 am
8th Grade: 3:45 – 5:15 pm



Track & Field

3:05 – 5:15 pm



Tennis

3:05 – 4:45 pm



Soccer

Boys: 6:45 – 9:00 am
Girls: 3:00 – 5:15 pm

Cuts in Sports



Cross Country

25 Athletes per Division
Top 10-15 will compete at
meets each week



Football

No Cuts



Volleyball

3 Teams with a max
of 32 players



Basketball

3 Teams with a max
of 32 players



Track & Field

No Cuts - Athletes will
qualify for spots to
compete at meets



Tennis

26 total spots
available 7th/8th
boys/girls combined



Soccer

2 Teams with 36 total
players available,
7th/8th combined,
per gender

Philosophy

Athletes must participate in at least one sport per year. Trying out for a sport does not constitute participation.

Athletes who are not involved in a sport will participate in our Performance Course program during the class period. The Performance Course is designed to increase speed, quickness, agility, and strength regardless of the athlete's sport of interest.

Items Needed for Athletics

Athlete Provides



Physical



Rank One Paperwork



Athletic Shoes



Workout Clothes (uniform)

MISD Provides



Competition Uniform



Equipment

Exceptions:

- Shin guards (soccer)
- Knee pads (volleyball)
- Tennis racquet



Transportation to Games

Scheduling Options

6th Grade

- PE
- Pre-Athletics

7th & 8th Grade

- PE
- Athletics

- All students must have 2 years of PE credit.
- Students must be in athletics to participate in a sport.



6th Grade Pre-Athletics Class

This class is open to any 6th grader who might want to participate in middle school athletics.

****This is not a prerequisite for athletics****



**WHAT'S THE
DIFFERENCE??**

YEAR AT-A-GLANCE for 6TH GRADE PRE-ATHLETICS

FALL SEMESTER

- ★ Orientation/Team Building - 1 Week
- ★ Football (B)/Volleyball (G) - 2 Weeks
- ★ Basketball - 3 Weeks
- ★ Soccer - 3 Weeks
- ★ Track & Field - 3 Weeks
- ★ Tennis - 3 Weeks
- ★ Football (B)/Volleyball (G) - 3 Weeks

SPRING SEMESTER

- ★ Basketball - 3 Weeks
- ★ Soccer - 3 Weeks
- ★ Track & Field - 3 Weeks
- ★ FitnessGram - 1 Week
- ★ Football (B)/Volleyball (G) - 3 Weeks
- ★ Basketball - 3 Weeks
- ★ Soccer - 3 Weeks

Purpose

6th Grade

Pre-Athletics

1. Provides skill training
2. Builds strength
3. Exposure to sports offered in MS athletics

6TH GRADE ATHLETICS ORIENTATION

- 2 Days in April or May
 - 7:00 am - 8:15 am
 - Opportunity for students to experience the effort involved in middle school athletics on a daily basis.
 - Coached by our middle school coaches
-

CAMPUS COORDINATORS

CAMPUS	Men's Coordinator	Women's Coordinator
COCKRILL MS	Jack Holt jholt@mckinneyisd.net	Amanda Nava anava@mckinneyisd.net
DOWELL MS	Glenn Jackson gjacksonii@mckinneyisd.net	Shelby Truesdale struesdale@mckinneyisd.net
EVANS MS	Donnie Cain dcain@mckinneyisd.net	Jessica Penna jpenna@mckinneyisd.net
FAUBION MS	Zach Wiggins zwiggins@mckinneyisd.net	Amber Burgess aburgess@mckinneyisd.net
SCOTT JOHNSON MS	Bryan Woodson bwoodson@mckinneyisd.net	Kristin White krwhite@mckinneyisd.net

Better Athletes, Better People

