

LADY PANTHER

Athletics

2025-2026



LADY PANTHER COACHING STAFF:

Shanna Briggs – Girls' Athletic Coordinator

Cross Country / 8th Basketball / Track

sbriggs@nisdtx.org

Gabriella Murchison – 8th Volleyball / 7th Basketball / Track

gabriella.Murchison@nisdtx.org

Taylor Klement – 7th Volleyball / 7th Basketball / Track

taylor.klement@nisdtx.org

LeeAnn Moore – 8th Volleyball / 8th Basketball / Track

lmoore@nisdtx.org

Susan Barroeta – 7th Volleyball / Track / Soccer

susan.barroeta@nisdtx.org



ATHLETE INJURIES / ILLNESS



- Athletic Trainer – Bayle Benge
bayle.benge@nisdtx.org
- Doctors' Notes - handled by Coach Briggs & Athletic Trainer
- Parent Notes - Only accepted for 2 consecutive days of non-participation & then a doctor's note is required or evaluation by Athletic Trainer
- Please use email or Remind to inform Coaches if you are going to miss practice
- Insurance Option:
 - * Northwest Athletics Webpage – Under “Physical Information” Tab... “Student Accident Insurance Program”

REQUIRED FOR ATHLETIC PARTICIPATION:

- *DUE – Wednesday, August 13th (First Day of School)*
- Physical (Performed by Physician)
- Medical History Forms (Signed by both Athlete & Parent)
- Online UIL Forms...located on the Northwest Athletics Webpage



CROSS COUNTRY



- Practice Begins Monday, August 25th
- 7th & 8th Grade Practice
 - Morning...7:30 – 8:30 AM (Doors Open @ 7:00 AM)
 - Drop Off @ Athletic Entrance
 - Bring a Water Bottle
- Athletes can participate in BOTH Cross Country & Volleyball
 - Visit Directly w/ Coach Briggs
- Schedule Posted in Rank One & Pike Athletic Webpage
- Jason's Deli Team Meal (Optional)
- Communication...Weekly Emails – Coach Briggs / sportsYou App

7th & 8th Volleyball Tryouts

August 13th-15th

7th Grade Tryout Days/Times: (Wednesday, Thursday, Friday)

8th Period Athletics – 5:30 PM (Please pick up promptly @ 5:30 PM)

- Pick Up @ Athletic Entrance

8th Grade Tryout Days/Times: (Wednesday, Thursday, Friday)

7:30 AM - 1st Period Athletics (Doors Open @ 7:00 AM)

- Drop Off @ Athletic Entrance

*All 3 Days of Tryouts Required

* Tryout Format used by all NISD Middle Schools

*Cuts will be made Friday, August 15th / Specific A,B,C Teams will be decided
prior to the 1st Game

- Athletes that do not make the volleyball teams will remain in Athletic Period in “Off-Season”
- Please wear Pike PE/Athletic clothes or school appropriate t-shirt/shorts until you purchase or receive your order
- Knee pads are recommended...not required during tryouts
- Athletic shoes...specific volleyball shoes are not required



7th & 8th Volleyball PRACTICE

7th Grade Practice Times: (Monday, Tuesday, Wednesday, Friday)

* No Practice on Student Holidays

8th Period Athletics – 5:30 PM (Please pick up promptly @ 5:30 PM)

- Pick Up @ Athletic Entrance

8th Grade Practice Times: (Monday, Tuesday, Wednesday, Friday)

* No Practice on Student Holidays

7:30 AM - 1st Period Athletics (Doors Open @ 7:00 AM)

- Drop Off @ Athletic Entrance



7th & 8th Basketball Tryouts

October 27th – 29th

7th Grade Tryout Days/Times: (Wednesday, Thursday, Friday)

8th Period Athletics – 5:30 PM (Please pick up promptly @ 5:30 PM)

- Pick Up @ Athletic Entrance

8th Grade Tryout Days/Times: (Wednesday, Thursday, Friday)

7:30 AM - 1st Period Athletics (Doors Open @ 7:00 AM)

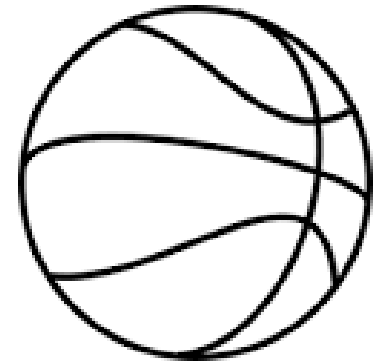
- Drop Off @ Athletic Entrance

*All 3 Days of Tryouts Required

* Tryout Format used by all NISD Middle Schools

*Cuts will be made November 3rd / Specific A,B,C Teams will be decided
prior to the 1st Game

- Athletes that do not make the basketball teams will remain in Athletic Period in “Off-Season”



7th & 8th Basketball PRACTICE

7th Grade Practice Times: (Monday, Tuesday, Wednesday, Friday)

- No Practice on Student Holidays

8th Period Athletics – 5:30 PM (Please pick up promptly @ 5:30 PM)

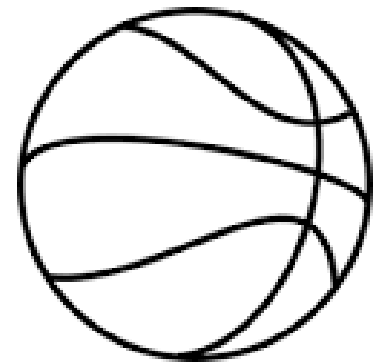
- Pick Up @ Athletic Entrance

8th Grade Practice Times: (Monday, Tuesday, Wednesday, Friday)

- * No Practice on Student Holidays

7:30 AM - 1st Period Athletics (Doors Open @ 7:00 AM)

- Drop Off @ Athletic Entrance



GAME INFORMATION



VOLLEYBALL & BASKETBALL GAMES:

- C Team @ 5:00 PM / B Team @ 6:00 PM / A Team @ 7:00 PM
 - ****C Game begins @ 5:00 PM...B Game will begin immediately following the completion of the C Game.....A Game will begin immediately following the completion of B Game****
- A Teams will have a Saturday Tournament – TBA
- NISD will host a B/C Team Saturday Tournament - TBA
- Concession Stand Sign Up – Google Doc (Link emailed once A,B,C teams are selected)
 - Parents sign-up to work in 45 minute segments

DISTRICT GAME PROCEDURES

NISD GAME SITES:

- Tickets available to purchase at game...Cash Only
 - Adult - \$4.00 / Student - \$2.00 / District Pass - \$25.00
 - NORTHWEST ISD PASS – Valid for NISD Athletic Events Only
(No Varsity Football Games / NISD Tournament)
Adults - \$25.00 / Students - \$15.00



Keller / Carroll ISD SITES:

- Tickets will be purchased ONLINE w/ purchasing information emailed @ the beginning of the week
- No tickets will be sold at the game

TRACK

TRYOUTS: Begin February 2nd

7th Grade Tryouts / Practice @ 7:30-8:30 AM...8th Period Athletics

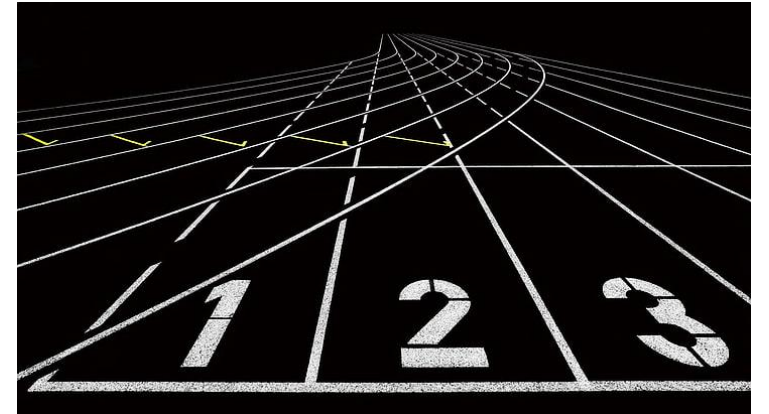
8th Grade Tryouts / Practice @ 7:30 AM – 1st Period Athletics

RUNNING EVENTS

- 100 Meters
- 200 Meters
- 400 Meters
- 800 Meters
- 1600 Meters
- 2400 Meters
- 100 Meter Hurdles
- 300 Meter Hurdles
- 4 X 100 Meter Relay
- 4 X 200 Meter Relay
- 4 X 400 Meter Relay

Time Weekly – Running Events

- Meet Schedule – Rank One & Pike Athletic Webpage



FIELD EVENTS

- Long Jump
- Triple Jump
- High Jump
- Shot Put
- Discus
- Pole Vault (Coach Veit – Boys' & Girls')

Field Events – Tryouts...Top 6

SOCCER



Tryouts – TBD

- All 3 Days of Tryouts Required
- Pike Coach & Northwest High School Soccer Coach
- Combines 7th & 8th Graders for A & B Teams

Practice

7th & 8th Grade @ 7:30 – 8:30 AM or 4:30 – 5:30 PM

- Pick Up or Drop Off @ North Side Gymnasium Entrance
- Game Schedules Posted in Rank One & Pike Athletic Webpage

WRESTLING



Practice Starts– Late Spring (TBD)

Northwest High School Head Coach

7th & 8th Grade Practice @ 4:15 – 5:30 PM (Mondays & Tuesdays)

Matches - Wednesdays

COACH / PARENT COMMUNICATION

COMMUNICATION TO PARENTS:

- Weekly Update / Preview - Monday Morning via Email
- Team Meal – Optional
 - * Delivered Game Day to School
- Rank One – Recommend App on Phone
 - * Schedules / Scores / Alerts
- SportsYou
- PIKE Athletic Website
 - * Game Schedules Posted



PARENT / COACH COMMUNICATION

Communication Coaches expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts in advance
- Notification of injury or illness in a timely manner

Topics Left to the Coach's Discretion

- Playing time
- Play calling
- Team strategy
- Other students/athletes
- Adjusting teams - A,B,C



STUDENT COMMUNICATION: **sportsYou App**

- The sportsYou app will be used for communication to students.
- Student-athlete & Parents are encouraged to join app.
- Each sport will have a code assigned in order to join sportsYou for updates and information from coaches.



TRANSPORTATION TO AND FROM GAMES

- Post Activity Forms
- Athletes MUST travel on bus to away games
- Upon completion of athlete's game, she may ride home with PARENT/GUARDIAN ONLY
- PARENT/GUARDIAN ONLY must *sign-out* the athlete prior to leaving
- Athletes may ride the bus back to the school following the game to be picked up



UIL ACADEMIC ELIGIBILITY



Academic Eligibility

- Athletes that are failing at the eligibility check date, determined by the UIL Academic Eligibility Calendar, will be unable to participate in games. If they are passing all classes at the next date to regain eligibility, they can participate in games.
- Based on UIL Academic Eligibility Calendar

Tutorials

- 7th Grade - Before School / Lunch
- 8th Grade - After School / Lunch / Thursday Before School

DO NOT MISS ATHLETICS OR PRACTICE FOR TUTORIALS UNLESS PRIOR APPROVAL FROM COACHES

PRACTICE APPAREL / GAME UNIFORMS

Practice Apparel:

- Order on RECENT Email Link - will be shipped to you directly after the deadline.
- T-Shirt & Shorts - Can be purchased from us directly.
 - T-Shirt - \$10.00 / Shorts - \$15.00
- **REQUIRED - *Pike* T-Shirt / Shorts**
- **Sweats – Online Order Portal – Game One**

GAME UNIFORMS:

- Uniforms – Issued
- Volleyball – Black Tights not provided



ATHLETIC EXPECTATIONS:

- Be on Time
- Be Respectful to...Teammates, Coaches, Officials, Opponents
- Be Prepared for Practice & Games
 - Dressed Out in Athletic Clothes Daily w/ Appropriate Shoes, Etc...
- “Be Coachable”Do not be afraid to ask questions
- NISD Middle School Code of Conduct

QUESTIONS

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