



## **LADY PANTHER ATHLETICS**

Lady Panthers & Parents,

We are excited you have decided to be a part of Pike Lady Panther Athletics for the upcoming school year, 2025-2026. Below are some dates, details, and expectations in regards to our Pike Athletic Program.

### **REQUIRED FORMS: (Athletes MUST have completed ALL forms by August 13<sup>th</sup> to remain in Athletics)**

- \* Completed Physical (UIL Form...performed by a physician) / Medical History Form
- \* Online UIL Forms
- \* Link <https://northwestsports.rankone.com/Website/Main>
  - Then click "PHYSICAL INFORMATION"
- \* Once completed, Physical and Medical History forms can be uploaded into Rank One

### **REQUIRED ATHLETIC APPAREL:**

- \* Pike T-shirt & Pike Shorts...athletes may wear Pike apparel from previous years.
  - Online purchase through Game One (Information attached to this email)
  - Pike T-Shirt and Pike Shorts may be purchased directly from Girls' Athletic Department Office on the first week of school...while supplies last. We do not stock below a size X-Small in shirt and shorts.
  - Apparel Online Orders are shipped to the Northwest Athletic Administration Office and will be distributed by the coaches upon arrival...this can take six weeks for delivery.
  - Apparel ordered online through Game One will not be exchanged for a different size once they arrive at Pike...please make sure you order the correct sizes. Youth sizes usually run small.
  - Athletes are required to dress out every day

### **OPTIONAL ATHLETIC APPAREL:**

- \* Pike Sweat Top & Pike Sweat Bottom
  - We STRONGLY ENCOURAGE the purchase of Pike sweats.
  - All athletes will be required to wear Pike sweats once the weather permits and our stock to issue athletes is used from previous years.

### **SPORTS / SEASONS:**

- Athletic Administration will release schedules prior to the start of each season.
- Listed in order of season.... 7<sup>th</sup> Grade ATHLETICS is 8<sup>th</sup> Period / 8<sup>th</sup> Grade ATHLETICS is 1<sup>st</sup> Period.
- All Schedules will be posted on Rank One and Pike Athletic Website
- \* If an athlete does not tryout for the sport in season or does not make a team, they will be in our Off-Season Program during the Athletic Period. During this time, athletes will focus on strength and conditioning.
- \* We strongly encourage 7<sup>th</sup> and 8<sup>th</sup> grade athletes to try out for multiple sports

### **VOLLEYBALL TRYOUT INFORMATION:**

TRYOUTS...August 13<sup>th</sup>-15<sup>th</sup>

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

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

- Pick up @ Athletic Entrance

8<sup>th</sup> 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 after the third day of tryouts / Specific A, B, C Teams will be decided prior to the 1<sup>st</sup> 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.
- ALL water bottles must have a lid and close completely...no bottles with detachable straws.

#### **VOLLEYBALL PRACTICE:**

- Schedule Posted Online in Rank One / Pike Athletic Webpage

- 7<sup>th</sup> Grade Volleyball Practice is 8<sup>th</sup> Period to 5:30 PM every day except game day

- 8<sup>th</sup> Grade Volleyball Practice is 7:30 AM through 1<sup>st</sup> Period every day except game day

#### **CROSS COUNTRY** – Starts Monday, August 25<sup>th</sup>

- 7<sup>th</sup> & 8<sup>th</sup> Grade Cross Country Practice begins at 7:30 AM (Doors Open @ 7:00 AM)

- After school option for 8<sup>th</sup> Grade Volleyball Athletes.

- Athletes can participate in both Volleyball and Cross Country.

#### **BASKETBALL** (Tryouts immediately after Volleyball season)

- 7<sup>th</sup> Grade Basketball Practice is 8<sup>th</sup> Period to 5:30 PM every day except game day.

- 8<sup>th</sup> Grade Basketball Practice is 7:30 AM through 1<sup>st</sup> Period every day except game day.

#### **TRACK** (Tryouts immediately after Basketball season)

- 7<sup>th</sup> & 8<sup>th</sup> Grade Track Practice begins at 7:30 AM except meet day

#### **SOCCER** (Tryouts immediately after Track season)

- 7<sup>th</sup> & 8<sup>th</sup> Grade Soccer Practice begins at 7:30 AM except game day

#### **WRESTLING** (No Cut Sport / After Track season)

- 7<sup>th</sup> & 8<sup>th</sup> Grade Wrestling Practice after school until 5:30 Mondays, Tuesdays, and Wednesdays

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