



WILSON GIRLS ATHLETICS

2026–2027
Parent Meeting

August 4, 2026

MISSION STATEMENT & CORE VALUES

© Our Mission

"We are committed to developing tough, hardworking, competitive student athletes who are respectful and proud to represent Wilson"

What We Value



Mental & Physical Toughness

Embracing challenges and competing under pressure in all Athletics.



Respect

Respecting teammates, opponents, officials, and coaches with dignity and sportsmanship.

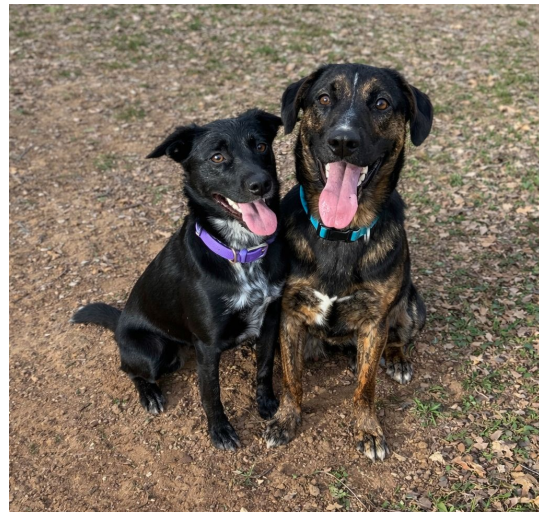


Competitiveness

Bringing daily effort, care, and focus to every practice and game.

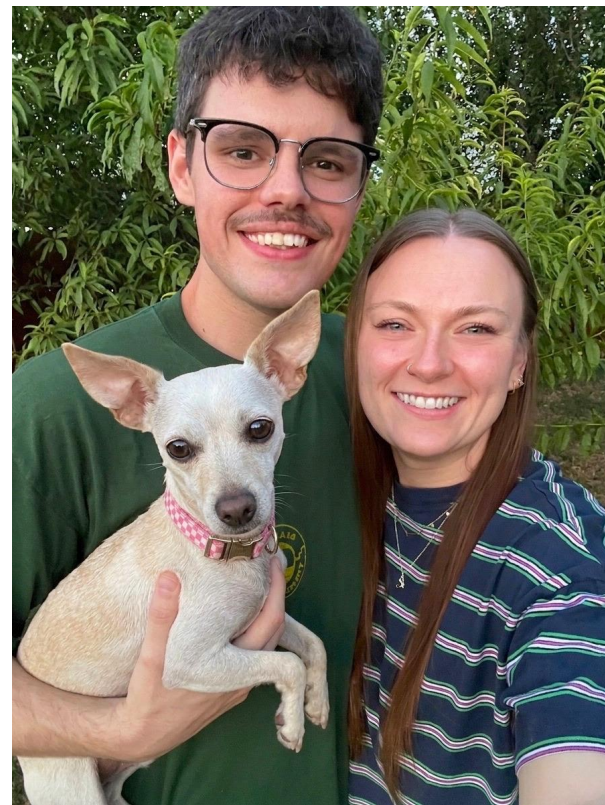
COACH CHRISTMAN

- 5th year coaching at Wilson
- 3rd year as Coordinator
- Oklahoma City University Graduate
- Played college basketball for OCU
- Varsity basketball for Northwest HS (2012-2015)
- PE Teacher (6th-8th Grade)



COACH WREN

- Northwest High School Graduate
- University of North Texas Graduate
- 4th year at Wilson
- Teaching Technology Applications 6-8th Grade
- Family: Husband Caleb and Dog Ava



COACH GRIES

- ❑ 3rd Year coaching at Wilson
- ❑ Lamar University & Gardner-Webb University graduate
- ❑ Played soccer at Lamar University
- ❑ Coached at Gardner-Webb & UT Martin



COACH CANTRELL

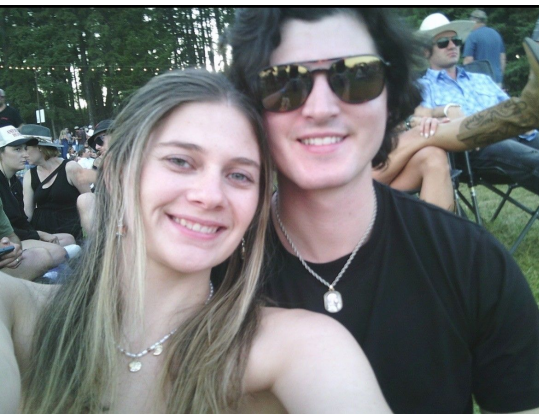
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- 2nd year at Wilson
- LEAP Teacher
- V.R. Eaton High School graduate
- University of Arkansas graduate
- The Astros are better than the Rangers!



COACH STERN

- Graduated from Timber Creek High School
- Graduated from Texas State University
- 1st year coaching at Wilson
- Teaching 6th grade Science
- Family: Two Younger siblings: Riley and Luke. Boyfriend Kyle and our two dogs Hoosier and Fred



Coaching Staff by Sport

Sport	Grade Level	Lead Coaches
Volleyball	8th Grade	Coach Cantrell & Coach Gries
Volleyball	7th Grade	Coach Stern & Coach Wren
Basketball	8th Grade	Coach Christman & Coach Stern
Basketball	7th Grade	Coach Cantrell & Coach Wren
Track & Field	7th & 8th Grade	Christman, Cantrell, Gries & Stern
Soccer	7th & 8th Grade	Coach Gries & Coach Wren

PROGRAM PHILOSOPHY



High Standards

We hold student-athletes to high standards of conduct, effort, and accountability on and off the field. Winning is mindset, not the result of games.



Multi-Sport Athletes

Every athlete is expected to tryout for at least **2** sports. Multi-sport participation builds versatile athleticism and prevents burnout.



Character First

Athletic success begins with personal integrity. How our athletes handle success and adversity defines the Wilson Athletic Program.

PROGRAM EXPECTATIONS



Athletics is a Privilege

Representing Wilson Middle School requires continuous dedication, effort, and positive decision-making both on and off the field.



Work Ethic

Bring 100% effort to every workout, practice session, and athletic competition without exception.



Be Coachable & Communicate

Open feedback drives growth. Athletes must proactively communicate directly with coaches regarding questions or concerns.



Respectful & Responsible

Treat coaches, teammates, faculty, officials, and opponents with dignity. Represent Wilson honorably on and off campus.

ACADEMIC EXPECTATIONS

UIL POLICY

NO PASS, NO PLAY RULE

Academics remain our top priority. Student-athletes must maintain a passing grade (70+) in all subjects to remain eligible for competition.



Student First, Athlete Second



Honors Classes: Remain eligible with a **60%** or higher.



All Other Classes: Require a **70%** or higher.

ACADEMIC ENFORCEMENT

CONSEQUENCES OF INELIGIBILITY

FAILING ATHLETICS FOR Q1

Student is placed on an **Academic Probation Contract**, required to attend tutorials, and suspended from games until passing (per UIL rules).

FAILING ATHLETICS FOR Q2 WHILE ON CONTRACT

Student faces **Removal from Athletics** for the remainder of the active sport season or academic semester.

DRESS-OUT EXPECTATIONS & GRADING

★ NEW 2026-2027

-5%

POINT DEDUCTION

Per instance of incomplete attire

REQUIRED DAILY ATHLETIC GEAR

Consistency in attire builds team unity, discipline, and pride. All athletes must change into their Wilson uniform daily:



Gray Wilson Shirt



Black Wilson Shorts



Athletic Shoes

ATTENDANCE & COMMUNICATION



Attendance Standards

- ➔ Practice is mandatory if a team is made.
- ➔ Unexcused absences directly impact playing time.
- ➔ Inform coaches in advance of school events, vacations or illness.
- ➔ Must attend make up practice for excused/unexcused absences



Communication

- 👤 **Student-Athlete First:** Athletes must speak directly to coaches about questions before parents.
- ✉ **Parent Meetings:** Scheduled by appointment via official school email or SportYou pages.
- 🕒 **24-Hour Rule:** Wait 24 hours post-game before contacting coaches regarding game decisions.

INJURIES & ATHLETIC TRAINER PROTOCOL

IMMEDIATE REPORTING

The health and safety of our student-athletes is important. All injuries must be reported to the coaching staff and high school athletic trainers right away.

- **Hurt** means a student may have discomfort, soreness, bruising, or minor pain from normal participation but is still able to safely practice or compete. Feeling sore after practice, getting bumped during a game, or having a minor muscle ache are all common parts of athletics.
- **Injured** means there is a condition that limits a student's ability to safely participate. This may involve damage to a bone, ligament, tendon, muscle, or other tissue and often requires medical evaluation, treatment, or rest before returning to activity.

Our coaches will always evaluate student-athletes when concerns arise and will never ask a student to play through an injury that could place them at greater risk. If we believe a student has been injured, they will be removed from participation and, when appropriate, may be required to obtain medical clearance before returning.



Parent Notes

Parent notes excuse participation for **up to three days**.



Doctor's Note Required

After **three days**, a formal doctor's note is required before returning to participation.

TRYOUT SCHEDULE & CALENDAR

CROSS COUNTRY

First Day of School

Everyone makes the team.

7th & 8th Grade: 6:45 AM

BASKETBALL

October 26–28

8th Grade: 7:30 AM

7th Grade: After school until 5:30
PM

SOCCER

March 24–26

Final sport evaluation period
leading into spring competition
play.

VOLLEYBALL

First 3 Days of School

8th Grade: 7:30 AM

7th Grade: After school until 5:30
PM

TRACK & FIELD

February 1–5

Open tryouts for sprint, distance,
relay, and field event specialists.

WRESTLING

Late March – Beginning of April

No Cut Sport
After School Only

VOLLEYBALL

8th Grade: Coach Cantrell and Coach Gries

7th Grade: Coach Stern and Coach Wren

Volleyball Tryouts: First 3 days of school

- **8th Grade:** Before school beginning at **7:30 AM**
(through 1st period)
- **7th Grade:** After school until **5:30 PM**
- Athletes should wear Wilson uniform, athletic shoes, and bring a water bottle.
- **Final teams will be announced after the 3rd day of tryouts.**



NEW ZONING & COMPETITION SCHEDULE



NISD Middle Schools

Wilson Middle School will be competing against all our NISD middle schools.

- ✓ Full NISD In-District Schedule
- ✓ New NISD opponent; Barksdale MS



Expanded Opponents

Wilson will also compete against two out of district opponents:

- ✓ Argyle Middle School
- ✓ Gibson Middle School (New Argyle ISD MS)

SEASON PASSES & TICKET INFORMATION

(Middle School Online Only Tickets)

Middle School Only Families

If you **only** have a **middle school athlete** and only plan to attend **middle school games**, purchase the **Middle School Sports Pass ONLINE**.

- **Adult Pass:** \$20
- **Student Pass:** \$10
- Covers all NISD middle school home games (excluding tournaments)



Purchase Online:

<https://events.hometownticketing.com/boxoffice/nisdtx/L2VtYmVkl2V2ZW50LzI2NA==>



Ticket Pricing (Per Game)

\$3.00 – Students

\$5.00 – Adults

Families with BOTH High School & Middle School Athletes

If you have a **high school athlete** (or plan to attend both high school and middle school games), purchase the **NISD Sports Pass**. This will get you into **BOTH** middle and high school games.

- **Adult Pass:** \$30
- **Student Pass:** \$20
-  **CASH ONLY**
- Sold in person only at:
 - Any NISD High School game (*excluding Varsity Football*), or
 - **Meet the Eagles, Bobcats and Texans**
 - **NISD Athletic Office**
 - 1937 Texan Drive, Justin, TX

PROGRESSIVE DISCIPLINE & STRIKES

Coaching Conversation / Warning (Most issues begin here)

Strike 1 → Parent Notification

Strike 2 → Parent Conference

Strike 3 → Parent Conference + **Behavior Contract**

Violation of Contract → Possible Removal from Athletics

Important Notes

- Every situation is reviewed individually.
- Serious misconduct may result in immediate consequences or removal.
- Our goal is to teach, support growth, and maintain a positive team culture.



RANK ONE REQUIREMENTS

Rank One must be complete to run cross country or tryout for volleyball. Students must attend all 3 days of tryouts to make a team.



Annual Physical

Completed physical exam signed by a licensed physician must be on file before any tryouts or workouts.



Online Rank One Forms

Complete all required athletic participation documents online at www.northwestisd.rankone.com.



Required Signatures

Both parent and student-athlete electronic signatures are required on all UIL acknowledgement forms.



Emergency Contacts

Up-to-date emergency contact information and medical consent must be submitted.

UNIFORM PURCHASING INFORMATION

Required daily in Athletics.

 PURCHASE DEADLINE

Online Team Store closes **August 20** / <https://northwestwilsonmsathletics-2026.itemorder.com/shop/home/>

Uniform Item	Description	Price
Wilson Athletic Shirt	Gray Athletic Top	\$15.00
Wilson Athletic Shorts	Black Shorts	\$15.00
COMPLETE UNIFORM PACKAGE	Full Set: Shirt + Shorts	\$30.00

PARENT PARTNERSHIP & SUPPORT



Positive Sidelined

Support all athletes with enthusiastic encouragement. Model sportsmanship for players, referees, and opponents alike.



Athlete Wellness

Help student-athletes prioritize proper nutrition, hydration, sleep hygiene, and balanced academic time management.



Join SportsYou Team Pages

Stay informed through SportsYou and official school communication channels throughout the entire season.



QUESTIONS?

Thank you for supporting Wilson Middle School Girls Athletics!

Reminders–

- Uniforms for Sale (\$30 CASH ONLY)
- Online Store closes August 20th
 - <https://northwestwilsonmsathletics-2026.itemorder.com/shop/home/>
- Cross Country Tryouts / First Day of School @6:45
- Note: Tennis is different from Athletics. Please stay after for more information.

Scan below
TO COMPLETE
RANK ONE



Rank One Portal:

www.northwestisd.rankone.com

#WILDCATPRIDE • TOUGH • RESPECTFUL • COMPETITIVE