

7TH & 8TH GIRLS'

LORMS ATHLETIC INFORMATION

I. GENERAL ATHLETIC INFORMATION

1. In KISD all girls enrolled in the athletic period must have a **physical** on file at their school. A physical and all **online paperwork (RANKONE)** must be completed by **Friday, August 26, 2022, or they may be removed from the athletic period.**
2. **Physicals:**
 - a. 7th graders must have a physical exam their 7th grade year.
 - b. 8th graders with physicals on file from their 7th grade year are not required to get a new physical exam for their 8th grade year **unless**
 - i. their medical history dictates (head, heart, respiratory and injury issues)
 - ii. they had a significant change in their medical history (**this also includes changes in family medical history**) since their 7th grade year.
 - iii. Otherwise a physical is good for two years.
 - iv. Athletes will need to get new physicals during their 9th & 11th grade years.
3. **Rank One Online Paperwork**
 - a. All 7th & 8th grade athletes and their parents must complete all online paperwork EVERY YEAR. (child & parent sign forms electronically – see directions below.)
 - b. Go to www.killeenisd.org; select Departments; select Athletics; Select Athletic Participation Forms – complete forms.
4. Our first sport that we participate in at LORMS is volleyball. **(More detailed information on next page.)** All girls are expected to tryout for at least **2 of the 3 sports** that we coach in the athletic period: **volleyball (Aug- Early Nov.), basketball (Nov.-Feb.) and track (Feb. –April).**
5. If you are not in the athletic period - **BUT IN ANOTHER ELECTIVE CLASS** - YOU need to make sure YOU see **your grade level coach**, so she knows you are **interested in trying out for volleyball.**
6. Anyone enrolled in the athletic period not trying out for volleyball will still be expected to dress out daily and participate in strength and conditioning exercises.

