

Lady Husky Athletics

F.A.Q.'s

What are the most important things I need by the first day of school?

1. A completed Physical dated no earlier than May 1, 2020
2. Rank One Completed online (See Rank One link on website for details.)
3. "Lady Husky Commitment Contract" signed by athlete & parent (See link on website)

How can I get ahead of the game in submitting my paperwork?

Come to Husky Round-Up and submit your Physical & Commitment Contract to Coach Hill (See details about Husky Round-Up on the EMS website.)

What do I wear for athletics?

Each girl will be issued a shirt and shorts to be worn daily to athletics. This issued set will be returned at the end of the year. If you would like to purchase another set, it will be available to you. Shirts & shorts are \$10 each.

What kind of equipment do I need?

Tennis shoes are a requirement. If you make a team for a specific sport, shoes for that sport are encouraged but not required.

When is athletics?

*7th grade athletics is 1st period from 8:20-9:08am.

If you make the volleyball or basketball team, practices will be in the morning from 7-9am.

*8th grade athletics is 7th period from 2:42-3:30pm.

If you make the volleyball or basketball team, practice will be in the afternoons from 2:50-4:45pm.

What should I expect from athletics?

You should expect to push yourself EVERY DAY! As a coaching staff, we require your best effort, attitude, and energy. We expect you to be coachable. We expect you to be a good teammate. We expect you to communicate with the coaching staff regarding injuries, absences, concerns, etc. We expect that you are committed to being an exceptional STUDENT-athlete. You are a student first and an athlete second. You must take care of your grades. We expect that you represent the Lady Husky Athletic Program in a positive way throughout the day in all of your classes.

How is athletics structured regarding the different sports and different times of year?

*August – November: Volleyball Season You will be in one of the two following groups:

1. On the Volleyball Team (tryout required): A, B, C Team; 30 Girls
2. Off-Season Basketball (During your athletic period only): Skills & Drills, Running, and Weight Room

*November – February: Basketball Season You will be in one of the two following groups:

1. On the Basketball Team (tryout required): A, B, C Team; 30 Girls
2. Off-Season Volleyball (During your athletic period only):

Mon/ Wed/Friday – Run;

Tuesday/Thursday – Weight Room

*March – April: Track & Field Season

You do not have to be in athletics to run track

*April – May: Cross Country & Off-Season

**Cross Country Practice will be before or after school.

**Mon/Wed/Fri – Off-Season Volleyball & Basketball

** Tues/Thurs – Weights, Conditioning, Agility, & Plyometrics

Can I play multiple sports?

YES! We encourage you to participate in as many sports as possible.

What if I play a club sport outside of school?

That is great. However, we ask that you make your Ereckson team a priority if there is a conflict.

Can I participate in band/orchestra/choir/theater AND athletics?

YES! We encourage you to participate in as many activities at Ereckson as possible. We offer many great extracurricular activities and clubs here at EMS, and we want you to experience as many as you can make time for.