

2019-2020 Ereckson Huskies Boys Athletics

Welcome to Ereckson Middle School Athletics! We are excited you are considering to be a part of our growing program. Below is a little bit of information about all of our programs that are offered at Ereckson.

Athletic Physicals and Rankone registration

It is a rule that before each school year a new athletic physical be performed for each athlete. That means between May 2019 and August 2019, your player needs to obtain an athletic physical to participate in any extracurricular athletic event (practice, tryout or game) during the 2019-2020 school year. The physical must be documented on an AISD physical form and that form (available online May 1) is obtainable at Rankonesport.com. The physical must be documented on this standardized district form. It is suggested that when the physical is completed, you make a copy of the physical to keep at home and turn in the original to the Ereckson Athletic Department to Coach Flowers. The remainder of the registration process is online at www.rankonesport.com and all forms must be filled out by family and athlete to fully participate.

Football (fall sport)

There are no tryouts for the Ereckson football team, everyone who registers for boys athletics in the fall is registering to participate in football. There are no practices before the start of the first day of school. For 7th grade football players, Huskies football practices will start before the beginning of the school day at 7:00am and last through the 1st period of athletics (until about 9:00 am, no after school practice for 7th graders). Boys will be dismissed from athletics/football to their 2nd period class of the day at 9:10 am. 8th grade will have practice that starts 8th period and will be over about 4:45 pm (no before school practice). Your own helmet and shoulder pads can be used if they are approved for fit by Coach Flowers.

Cross Country (spring sport)

Ereckson Cross Country is offered in the spring at the end of the track season (early April) and concludes in mid-May. It is an open sport, there are no tryouts and *you do not have to be enrolled in athletics class to participate* (an athletic physical must be on file). The practices are typically held after school. Boys and girls compete against each other according to grade level on an outdoor running course that is 2 miles in length.

Basketball (fall & spring sport)

Ereckson basketball tryouts will be held at the conclusion of football season, usually late October or early November. Participants trying out will be evaluated by: grades, school behavior, and team basketball skills. If your athlete only wants to play basketball, sign up for Co-Ed PE in the fall, he will stay in PE until tryouts begin. If he makes the team he will be put in the Boys Athletics class period with the rest of the basketball team, if he does not make the team he will remain in the PE class. 7th grade will practice basketball before school and 8th grade will practice after school. Anyone can try out for a team, you do not have to be enrolled in *athletics class* to try out (but you must have an athletic physical). Usually 100 athletes tryout and 3 teams (C, B, A) of up to 10 players each are selected.

Track (spring sport)

Track will begin at the conclusion of the basketball season, mid-February. Track practices for boys will be held after school. Running and field events will be offered for competitors. Track is an open sport, there are not tryouts and *you do not have to be enrolled in athletics class to participate* (but you must have an athletic physical on file). The top three competitors in each running and field event will represent Ereckson at the track meet.

Off-Season (fall & spring)

Off-season begins at the conclusion of football season. For those athletes who are in athletics but are not playing basketball will participate in an out of season program consisting of weight training, speed and agility training and overall conditioning.

**Golf, Tennis, Wrestling- Golf is held during the fall. Tryouts for golf will be the first couple of weeks of school in August. Tennis is in the spring and tryouts will be held sometime around Thanksgiving. To participate in wrestling, students will be picked up from the Ereckson campus and transported to the Lowery Freshman Center for workout and can be picked up there- you do not have to be registered for athletics to participate in wrestling, wrestling season begins in November and ends in February.

**Ereckson School colors are Navy, Ice Blue and Silver

- Contact Thomas Hugh Ereckson Boys Athletic Coordinator Stephen Brian Flowers with questions or comments stephen.flowers@allenisd.org

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