



2024 – 2025 Cain Middle School Girls Athletics FAQ



What is required for my athlete to be in Girls Athletics at Cain?

-Girls must try out for either volleyball or basketball to be in Girls Athletics. All of the other sports are practiced outside of the class period. Therefore, your athlete will be in PE if she does not want to try out for volleyball or basketball, and can still participate in other sports offered. (Cross country, tennis, track, and soccer). If your athlete does not want to try out for volleyball or basketball, please email the counselors and have your athlete's schedule changed to PE.

When are volleyball tryouts and what does my athlete need?

-Tryouts will start **the second day of school**. For 7th grade, doors will open at 6:45AM and athletes need to be warming up by 7:00AM. For 8th grade, tryouts will last until 5:00PM. They will need to wear a white shirt and black shorts. We will write their tryout number in black sharpie on the shirt. If you have knee pads, please wear them. Don't buy any specifically for tryouts. Girls will be given their tryout number and details about tryouts on the first day of school.

What happens if my daughter doesn't make the volleyball team or doesn't try out?

-She will still be in athletics but will be a part of our off-season program. During the period, she will lift weights, work on her endurance, increase her speed, and start basketball fundamentals. She will not be required to come early or stay late at school, she will only workout during the period.

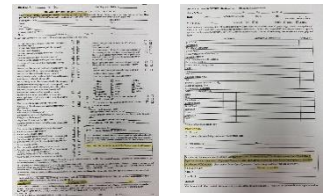
What is my athlete supposed to wear each day for Girls Athletics?

-Workout clothes must be purchased from Rockwall Sports Center by **Monday, July 1st**. We encourage buying multiple sets so you don't have to do laundry every night. Also, proper laced up tennis shoes are required and no jewelry is allowed.

<https://caingirls2024.itemorder.com/>

What paperwork is needed for Girls Athletics?

-Every athlete must have a physical on file and Rank One forms completed online. Physicals and Rank One must be turned in and completed by the **first day of school**. **Physicals completed before JUNE 1st will not be accepted**, physicals last one year and then expire. Your daughter will need a physical that is good for the entire year. Physical paperwork and Rank One instructions are on the Cain website under "Athletics". Please make sure to upload your athlete's physical on Rank One. If you answer "yes" to anything on the physical, you **MUST** explain why otherwise it will be denied.



***Make sure all areas are filled out before uploading physical.
Pay attention to highlighted sections**

Am I allowed to write an excuse note for not participating in athletics when my athlete is sick or injured?

-No. We only accept doctor notes. With that being said, the only way an athlete can sit out of a workout is if a doctor deems them completely unable to participate. If your athlete goes to the doctor for a sprained ankle, please don't let the doctor write a note for them to completely sit out of athletics. The note needs to say, "Athlete may still participate in anything that doesn't bear weight on ankle." We also understand an athlete simply may not feel well one day. It is her responsibility to communicate with a coach. For example, "Hey coach, my stomach really hurts today. I just wanted to let you know in case it looks like I'm not giving you my best." Your athlete's health and well-being is our number one priority and we will always do what is in the best interest of them.

**We are looking forward to a wonderful 2024-2025 school year!!

Brittany Pike

CMS Girls Coordinator

Brittany.pike@rockwallisd.org