Cain Mustang Athletics

Requirements for being in Athletics at Cain Middle School:

1. For boys – must play football; For girls - must try out for volleyball and/or basketball
   * If an athlete does not want to try out for those sports, they will be in PE and can try out for the other sports we offer when it is time. The rest of the sports we offer are practiced before or after school and not during the athletic period.
2. Athletes are highly encouraged to participate in multiple sports. For girls – an athlete must participate in at least two sports in 7th grade in order to be in Girls Athletics in 8th grade.
3. Athletes must have a physical/medical history uploaded into Rank One and all Rank One forms completed online before the first day of school.
4. Athletes must purchase the required athletics gear for the year. The link to purchase clothes will be sent out towards the end of this year and posted on the Cain website.

Expectations of a Cain Mustang athlete:

1. Have a positive attitude
2. Work hard every day
3. Be dedicated
4. Be at every practice and every game
5. Pass all of your classes
6. Positive classroom behavior
7. Be coachable
8. Comply with the UIL standards for being a student-athlete

Athletics is intended for those wishing to compete in sports or improve their overall physical composition. The main focus is on sports oriented training and being pushed to better yourself. The ultimate goal should be to participate and learn a variety of sports. For those wishing to learn basic skills and be in a more relaxed environment, PE would be a better choice.

Sports offered at Cain:

*-* Football(August – November)

\*Athletes can participate in overlapping seasons; coaches will work with athletes on those schedules

- Volleyball (August - November)

- Basketball (November – February)

- Cross Country (November – December)

- Track and Field (February – April)

- Tennis (February - April)

- Soccer (February - May)

**Towards the end of the year**, we will send out information about physicals, Rank One, athletic clothes, and camps through Skyward. All information will be posted on the Cain website under “Athletics”.

\*\*If you have any further questions, please contact the following:

Rickey Vandenburg (rickey.vandenburg@rockwallisd.org) - Boys Athletic Coordinator

Brittany Pike (brittany.pike@rockwallisd.org) - Girls Athletic Coordinator

GO MUSTANGS!