



CAIN MIDDLE SCHOOL GIRLS ATHLETICS FAQ



The following are frequently asked questions about expectations of girls' athletics:

When are volleyball tryouts and what do they need?

- Tryouts will be the 2nd day of school. For 7th grade, doors will open at 7:00AM and they need to be on the court by 7:15AM. 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 go out and buy anything specifically for tryouts.

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

- 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.

Are parents allowed to write an excuse note for not participating in athletics when their daughter 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 incapacitated. If your child 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, "Child may still participate in anything that doesn't bear weight on ankle." We also understand athletes simply not feeling well. It is their 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."

What does my daughter wear in athletics?

- Workout clothes must be purchased from Rockwall Sports Center and are required every single day. 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.