



Lady Hornets
Athletic
Meeting

2017-2018

Please sign in by your daughters name

Meet the Coaches



Athletic Website

<http://hornetathletics.weebly.com/>

Hopewell Athletic Philosophy

- It is the goal of the Hopewell Coaching Staff that each athlete who participates in our program will:
 - Develop the necessary fundamental skills to be successful in each sport, each at their own level.
 - Improve in their knowledge and strategy of each sport
 - Learn about good sportsmanship and teamwork
 - Learn about self-discipline, both physically and mentally
 - Improve their fitness level.

Athletics Class

- It is the goal of the athletic program to offer the opportunity of participation to every student who wants to. It is to be stressed that participation **is a privilege, not a right.**
- Please BRING a **WATER BOTTLE!**

Cross Country

Coach Hargrove

Samara_Hargrove@RoundRockISD.org

Volleyball

8th Grade - Coach Peterson & Coach Woroszylo

7th Grade – Coach Fleet & Coach Jones

Basketball

- 8th Grade – Coach Jones & Coach Marshall
- 7th Grade Coach Peterson & Coach Harper

Track & Field

- Coach Gabbert, Coach M. Hargrove, Coach S. Hargrove, Coach Jones, Coach Peterson, Coach Saunders, Coach Travillion & Coach Woroszylo

Soccer

- Boys & Girls – Coach Woroszylo

Lady Hornet Sports

- Cross Country
- Volleyball A & B – 24 players total
- Basketball A & B – 24 players total
- Track
- Soccer - Combined 7th & 8th – 22 players total

Practice Times

- 8th Grade – in the AM 6:45-8:10am
- 7th Grade – in the PM 3:40-5:00pm

- All athletes must be picked up by 5:15pm.
 - 5:30 – RRISD Police may be called
- Parents must pick up all athletes on the gym side of the building – not the front.

What is athletics

- Competitive
- Not an introductory of sports or skills
- Mastery of skills
- Getting athletes ready for High School
- In Season – practicing that sport
- Off-Season – Agility, speed, strength, endurance, and sport specific skills
 - To get you ready to be in season

Expectations

- Arrive on time
- Dress out daily
- Be respectful
- Actively participate in class
- Participate in two fundraisers

How is Athletics Different from PE?

- It is a **competitive** athletic class
 - We will push our athletes to perform to the best of their abilities
- Attendance is a must! Missing class repeatedly will be recorded and may hinder re-entry as an 8th grader.
- Make up workout or assignment to get points.
- Athletics is a privilege, not a right.
 - Behavior/attitude/grades can result in possible removal from athletics

The Athletic Period

- What is expected from the athlete?
 - The willingness and dedication to work out every day and give it their BEST effort
 - The attitude of a champion. This attitude drives them to compete and put in what is needed to improve as an athlete.
 - An understanding that an athlete will be held accountable on the field, court, and classroom.
 - The desire to participate and take advantage of opportunities when they arise.
 - **There is no such thing as sitting out.**

Phones & Electronics

- Not allowed in the locker room
 - Taken and a parent must pick it up.
- They are not the coaches responsibility
- Pictures or videos being taken will result in phones being taken away and possible removal from program

No Pass, No Play

- Per University Interscholastic League (UIL) and Hopewell Handbook Rules:
 - No student athlete will participate in any in season sport if they are failing (below 70) at grade report time.
- If failing....
 - Consecutive failures may result in further penalty or removal of program.

Fundraisers

- Great American Opportunity
 - Coupon Booklets
- Each Athlete is to Sell 4

- Adrenaline Fundraising
 - Cookie Dough
- Each Athlete is to Sell 5

Hosting VB Tournament

- September 20 (Thursday) & 22 (Saturday)
- All Food Welcome
 - Breakfast & Lunch Needed
- Nonperishable items – Bring at anytime
- Perishable –Bring Thursday/Friday to school.

Injuries

- Injuries are a part of sports. We make every effort to support and guide each athlete through their injury.
- Protocol you are responsible for taking when injured:
 - Let your coach know
 - Go see the SPHS trainer
 - Get referred to your family doctor if necessary

SPHS Trainers

- Brooke Kneuper (Coach K)
 - E-mail: Brooke_Kneuper@RoundRockISD.org
 - Office: (512) 428-7204
 - Cell: (512) 203-0542
- Salvador Flores
 - E-mail: Salvador_Flores@RoundRockISD.org
 - Office: (512) 428-7205
- SPHS Athletic Training Services
 - http://stonypoint.roundrockisd.org/athletics/athletic_training_services/

Parent Notes

- Parent notes/calls/emails for sickness or injuries are only valid for 3 consecutive days.
 - Monday, Tuesday, Wednesday
 - Friday, Saturday Sunday
- Doctor notes – Need to include what they can/cannot do & date of release.
- Discuss the difference between injured vs sore with your daughter.

Parent Note & Homework

- <http://hornetathletics.weebly.com/injuries---girls-athletics.html>
- Must complete EACH day.
- Parent Note – 3 *consecutive* days before a dr. note is mandatory (RRISD Policy).
- Doctor notes – Need to include what they can/cannot do & date of release.
- Discuss the difference between injured vs sore with your daughter.

Communication:

- Email address on file with the school
 - Contact the Registrar to add/change an email address

During Class

- All athletes will be working out
 - Groups with coaches
 - Conditioning
 - Speed
 - Agility
 - Body Awareness/Movement/Control
 - More!

Games

- Ticket Prices
 - Adults \$4.00 Students \$2.00
- Start time 5:30 for B team, A team will follow.
- Each sport will be talked about in more detail in the individual meeting.



Questions?

Volleyball

18-19

<http://hornetathletics.weebly.com/volleyball.html>

Games

- Scrimmage tomorrow
- Schedule posted on the Web
 - Green/Black/Pink/White Out games
- Transportation
 - Tournament
- Food
 - Jason's Deli – See Next Slide

Jason's Deli

- 8th Grade

- <https://gameday.jasonsdeli.com/app/events/CR9EUREPX8>

- 7th Grade

- <https://gameday.jasonsdeli.com/app/events/VHHDZ5RMTD>

Remind 101

- 8th Grade
 - Text **@heagb9** to **81010**

- 7th Grade
 - Text **@hwms7** to **81010**