

We are so excited to welcome you to Middle School Athletics.

Below you will find important information regarding the 2020-2021 school year. Highlighted topics include:

- Parent meetings
- Athletics communication going forward
- Athletics Uniforms
- Important dates and times
- Sport specific information

Middle School Athletics

Specific Sport Parent Meetings will be communicated by each coach for that particular sport. Some may be a virtual delivery.

Communication:

We are excited to announce we will be leveraging Remind 101 as a program across the entire school and athletic department.

Please sign up for Remind 101, and download the free app, as the coaches will frequently use this as a way to stay connected with athletes throughout the year. They will use a specific remind code for each new season and will share those with you at the parent meeting.

Athletic Uniforms:

All FWC MS student athletes (6th-8th Grade) are required to buy an athletic uniform (t-shirt and shorts and FWC sweats) to wear for their athletic period. Uniforms will be purchased on-line and can be picked up in the Cardinal Store within 7 business days after you order. These uniforms will include a white bar where you can write their last name on the shirt or you can pay to personalize the clothes for an added price.

Website:

FWCcardinalsms.bigcartel.com

Cardinal Store Hours

M, Tu, W & F	10:00-3:00
Th.	12:00-7:00
Saturday- August 1 & 8.	10:00-1:00

Please order before August 10th to be available for pick up in the Cardinal Store by August 14th.

Important Paperwork information:

*****ALL MIDDLE SCHOOL STUDENTS are required to complete an annual athletic physical prior to August 17th.*****

All participants must have the below paperwork complete and on file in their Rank One Account prior to the first day of athletics **Monday, August 17th**. You can use the link below to complete:

- Physical Form completed by licensed physician
- Medical History Form

*MS Athletes: New this year, **parents will need to upload their physical into their Rank One account**. We are not accepting hard copies of student physicals anymore.

*Creating a Rankone Parent/Student account will allow parents to view their child's game schedules, status of forms, receive alert notifications, as well as print paperwork for physical to take to the doctor if not yet completed. Please click here to create an account: <https://fortworthchristian.rankonesport.com/New/NewParentLogin.aspx>

*Questions about Rank One, please contact Jenny Freytag at jfreytag@fwc.org or 817-520-6200 ext 125.

Sports Schedule

All middle schoolers (6th-8th grade) are in athletics last period.

The FALL sport opportunities are as follows:

- 6th-8th grade- Cross Country
- 6th-8th grade- Football
- 6th-8th grade- Volleyball
- 7th- 8th grade- Cheer

(If your 7th or 8th grade boy or girl would like to participate in 2 or more sports in the fall, please speak with the respective coaches at the parent/coaches meeting.)

Winter/Spring Sports are as follows:

Basketball, Soccer, Swim, Track, Boys Baseball

SHAPE- If your student is NOT participating in football, volleyball, or cross country, they will participate in our off season training program called

SHAPE (**S**tarting **H**abits to **A**ttain **P**hysical **E**xcellence) and will end the day at 3:00pm.

- SHAPE participants will need a large pre-filled water bottle with their name clearly written on it for all workouts each day.

Cross Country

If your son or daughter plans to run cross-country, they will need:

- Supportive running shoes
- Black running shorts for race day
- Large pre-filled water bottle with their name clearly written on it
- Watch (highly recommended)

Football

If your son plans to play football PLEASE read the following regarding equipment.

You are required to purchase the below prior to August 17th.

- Black football pants (with pads already in them)
- Black socks
- Cleats (screw-in or rubber - Red, white or black) ****No metal cleats allowed****
- Large pre-filled water jug with their name clearly written on it

FWC will provide the below equipment for each player:

- Shoulder pads
- practice/game jersey
- Mouth piece
- Helmet with facemask and chin strap

Volleyball

If your daughter plans to play volleyball, they will need:

- White knee pads
- Black nike style shorts (with white trim)
 - Link to Example: [Nike Style Shorts](#)
- Indoor gym or volleyball shoes
- Large pre-filled water bottle with their name clearly written on it

We look forward to meeting/seeing you all in person soon!

Athletic Directors:

Jared Hudgins & Lauren Smeds

Assistant Athletic Director & Head Athletic Trainer:

Corry Karlen

Middle School Head:

Jill Shelby

Volleyball

Wanda Shantz

Tiara Mitchell

Cross Country

Douglas Mc Dougal

Devon Palluth

Football

Jared Barber

Grant Davis

Jeff Quinn

Kaleb Kirkpatrick

Jacob Land

SHAPE SEASON

Dr. Kerri Hart

Kaleb Kirkpatrick