



Aubrey ISD Middle School Athletics

(Football, Cross Country, Basketball, Weights, Conditioning, Track, 7v7)

ALL ATHLETES WILL PARTICIPATE IN A SPORT DURING FALL, WINTER, AND SPRING

Items needed by the athlete

- \$20 athletic attire (required)
- \$20 football game day shirt. Parents are welcome to purchase one as well.
- \$40 Sweats attire (required)
- Participate/tryout for at least 2 sports.
- RankoneSport.com Documents Signed electronically (no pass, no play)(Code of conduct / haircuts / earrings/ etc)(class behavior)
- Athletic Physical and Medical History (All physicals are required per UIL)
- Visit Rankone Website (where sports schedules are located)
- Remind set up for Athletes (Code received from coach)
- Cleats and Flats kept in the locker daily.
- Social Media Agreement signed found at the end of the Athletic Handbook.
- Athletic handbook Acknowledgement form signed

Fall Football and Cross Country:

In the fall, football and cross country are the sports offered at the middle school level. Football practice begins at 6:30am daily. Cross country practice begins at 7:30am in congruence with high school cross country practice. Practice includes on and off campus runs. Athletes who are not participating in football will be required to participate in the Cross Country Program. Cross country coaches are Coach Smith and Coach Giddens.

Football Practice:

Arrive at 6:30am
Team meeting each morning at 6:50am
First Drill begins at 7:00am
Practice ends at 8:20am
Shower and Breakfast 8:20am until bell.

Cross Country Practice

Practice begins at 7:30am
Practice finishes at 8:30am.
Shower and breakfast 8:30am until bell.

Winter Basketball:

Basketball is the only sport offered during the winter (November- February). Athletes who wish to participate in basketball will be involved in a three day tryout process at the conclusion of football. Basketball practice begins every morning at 7am. Athletes not making the basketball team will be required to participate in off season workouts that involve weights, agility, and conditioning on a daily basis. Off season workout during the winter begins at 7:30am.

Basketball Practice:

Arrive at 6:45am
Pre Warm-up drills 6:50-7am.
First Drill at 7am.
Practice ends at 8:30am
Shower and breakfast 8:30am-8:49am

Off Season Practice:

Arrive at 7:00am
First drill/Weights begins at 7:05am sharp
Practice ends at 8:20am
Shower and breakfast 8:20-8:49.

Spring Track:

At the conclusion of basketball season every athlete in the athletic program will be tested in the 400m, 100m, and the mile. The top 12 times will be recorded. Those individuals with the top times will report to the field house at Aubrey High School each day as the track team. Individuals who are not in the top 12 will be part of the off season group each day and be required to participate in weights, agility, and conditioning. All other events including throwing, vaulting, and jumping will have a trial period and the top 6 athletes will be kept in each event.

Examples of times and other events in the past: (Fluctuate each year)

Tested 100m: 12.1sec - 14.32 sec

Throwing shot and disc

Tested 400m: 56 sec- 72 sec

Hurdles

Tested 1600m: 6:31 - 7:09

PoleVault, High, Long, and Triple Jump

Track meets participants will vary week to week but only 3 athletes can participate in each individual event. Team events such as the relays will carry 4 athletes per event. Athletes can only participate in a combination of 2 field events and 3 running events or vice versa. The track team usually consists of about 21-26 players per grade each week. Meets begin around 4pm and sometimes conclude around 10pm.

Track Practice:

Arrive at 6:50
Practice begins at 7am
Practice ends at 8:15am
Shower and Breakfast 8:20-8:49

Off Season Practice:

Arrive at 7:20
First Drill/Weights at 7:30
Practice ends at 8:15am
Shower and Breakfast 8:20-8:49

Spring Football (7v7)

Springtime is a switch back to football practice and 7 on 7 competition. Selected athletes will participate in 7v7 competitions held at other schools during the spring. All athletes who are going to participate in football the following fall will be in football skills during this time. Any athletes who are not participating in football in the fall will continue with off season practice.

Football (7v7) Practice

Arrive at 7:15am

First drill begins 7:30am

Practice ends at 8:15am

Team 400m run for time 8:15 to 8:30am

Shower and Breakfast 8:30am-8:49am

Off Season Practice:

Arrive at 7:30am

First drill begins at 7:35am

Practice ends at 8:20am

Team 400m run for time at 8:15am

Shower and Breakfast 8:30am- 8:49am

Any questions can be directed to:

Coach Dustin Wilson - dwilson@aubreyisd.net -Boys Middle School Coordinator

Coach Eric Seward - eseward@aubreyisd.net. - Boys Middle School Coach.

Coach Mike Yake - myake@aubreyisd.net- Boys Middle School Coach.

Coach Aaron Ocker - aocker@aubreyisd.net- Boys Middle School Coach.