

## 8th grade Athletic Information Zoom

Bronco Athletics...."Pursuing Victory with Honor"

We encourage athletes to play multiple sports, but not in the same season.

Sports by season with first day of tryouts		
FALL	WINTER	SPRING
Cross Country - 8/6	Basketball, boys - 11/5	Baseball - 2/4
Field Hockey - 8/6	Basketball, girls - 11/5	Golf, boys - 2/11
Football - 7/30	Soccer, boys - 11/5	Gymnastics - 2/11
Golf, girls - 8/6	Soccer, girls - 11/5	Lacrosse, boys - 2/11
Tennis, girls - 8/6	Water polo, girls - 11/5	Lacrosse, girls - 2/11
Volleyball, girls - 8/1	Wrestling, boys - 11/5	Softball - 2/4
Water polo, boys - 8/1	Wrestling, girls - 11/5	Swim & Dive - 2/4
		Tennis, boys - 2/4
		Track & Field - 2/4
		Volleyball, boys - 2/4
		Volleyball, girls beach - 2/11

### Levels of teams

- Most programs have varsity and JV teams
- Some programs also have a Freshman or novice team
- Head coach's contact information is on the our website: [rbhs.org](http://rbhs.org)

### Classes & practice/game schedule

- Freshman PE - CRF selection for athletes
- School end time is 3:45
- Practice times vary, depending on facility availability

## Paperwork to Play

- Info available on website (rbhs.org), along with deadlines
  - Pay attention to the deadlines....late paperwork could delay the athlete's opportunity to tryout
- Physical form - available on website end of May
  - only valid for 12 months
  - cannot expire during season
  - Original, with doctor's stamp and signature, turned into Athletic Office
- Online paperwork - available end of May

## Tryouts for teams

- Most teams will have an interest meeting during lunch, at school, a couple of months prior to season
  - This will be in the morning announcements and on social media
  - This is where coaches get out information about tryouts and collect contact information from the athletes
- Tryouts last a minimum of 3 days
- If seasons overlap, athletes will still get a tryout if completing the previous season

## Athlete Expectations

- Time commitment
  - practice/games 5-6 days per week (very different from youth sports)
  - NO practice/games on Sundays
  - Fall - season starts before school starts, practices on Holidays (Labor Day, etc)
  - Winter - practice/games over Thanksgiving break, winter break, and possible playoffs (Varsity only) during February break
  - Spring - practices/games during February break and spring break
- Grades
  - Passing a minimum of 2 classes and a minimum GPA of 2.0
  - Bronco Center - free peer tutoring - before school, during lunch, after school

## Parent Expectations

- Be there, be supportive, be positive

