

7th Grade Lady Roughneck Athletics

Course Requirements

If you have prior experience in either volleyball or basketball and you wish to try out and make a team at Pearland Jr. High East, you may sign up to be in girl's athletics class as a 7th grader. Prior to this year all girl's wishing to enroll in athletics were required to run a mile under time limit. Due to remote learning and other circumstances we will not be able to use this as a path to entry into athletics for the 2021-2022 school year.

With enrollment in athletics class, it does not mean you have made a team, you must still try-out and be selected. If you are selected on a team you will be "in-season" and will practice your sport during the athletic period as well as before or after school. If you do not make the team you will be in "off-season" and will work out during the athletic period.

** A high level of fitness is required to participate in this class. It is not for those wishing to socialize and take it easy. We are very demanding of our athletes and expect a high level of performance; athletically, in the classroom, and behaviorally. You are expected to perform at the highest level in all three areas. **

Other Requirements to sign up for Athletics Class

1. A current **Physical and Medical History Form** (2021-2022 school year) on file with our campus trainer. This must be done by the end of the first complete school week in August or you will be transferred to PE class.
2. Online forms must be complete – **Athletic Participation Form (APF)**
3. Must pay UIL fee of 40.00 – this can be found through the parents skyward account under fee management
4. Must purchase and wear the EAST athletic uniform – this can be found through the parents skyward account under fee management

Volleyball is our first sport of the year in which the girls can try out for. They will need to have all forms and on-line paperwork turned in prior to try outs. Try outs begin on the second day of school (depending on the school calendar).

After volleyball, we offer basketball, cross country, track, tennis, and soccer. The physical and online paperwork requirement is good for the entire year and will be valid for every sport we offer.

Coach Jones – Girls Coordinator

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