

Cain Parents-

The end of the 2022-2023 school year is rapidly approaching. I wanted to send this informational letter and packet, to let you know what will be happening as we finish this year and throughout the summer. All students who are planning to participate in athletics for the 2023-2024 school year must have a current physical completed and turned in to Coach Vandenburg before they can participate. Please **DO NOT** turn physicals in to anyone except **Coach Vandenburg**. The physical form is included in the packet.

Also enclosed is a flyer for the Rockwall Heath Football Camp for middle school students. This camp is for any student who might be interested in playing football at Cain Middle School. This is a great opportunity for all incoming 7<sup>th</sup> and 8<sup>th</sup> graders to be introduced to the Rockwall Heath High School and Cain Middle School coaching staffs.

Next, I have attached a player order form and instructions for all **incoming** 7<sup>th</sup> and 8<sup>th</sup> grade athletes to purchase their athletic clothing that they will be **REQUIRED** to wear **DAILY** throughout the school year for athletics. T-Shirts and shorts are required for all boys in athletics and **MUST** be worn **DAILY**. I would highly recommend ordering more than one set of T-shirt and shorts. It is also **REQUIRED** you purchase sweatpants and sweatshirts for cold weather days.

The last thing, I wanted to mention is equipment. All players will be provided with the necessary equipment for football such as a helmet, shoulder pads, pants, etc.... Players will need to provide their **OWN** cleats we just ask that they be neutral in color. All outside equipment needs to be approved before use. Please **DO NOT** purchase helmets or shoulder pads without talking to Coach Vandenburg.

Later in the summer, I will send additional information to let you know about important dates and schedules for the 2023-2024 season. We look forward to a very successful school year. Please feel free to e-mail if you have any questions. My e-mail address is [rickey.vandenburg@rockwallisd.org](mailto:rickey.vandenburg@rockwallisd.org).

#### **REMINDERS:**

-**Physical Form**-Must be completed and returned to me before student participates. All other forms will be done online through Rank One. Please **DO NOT** turn Physicals into anyone but Coach Vandenburg.

-**Rank One Instructions**-Instructions can be found on the Cain Athletic Website. **Please do not fill out Rank One for next year until June 15<sup>th</sup>**. This is when Rank One will roll over to the 2023-2024 school year.

#### **THE LINK IS NOT ACTIVE UNTIL JUNE 15TH**

<https://rockwallisd.rankonesport.com/New/InvalidYear.aspx?M=0509>

-**RHHS Football Camp**-Returned to RHHS Athletics if student wants to attend.

-**Clothing Order Form**-Order Online or at Rockwall Sports. Orders will be delivered to Cain Middle School prior to the start of next school. **THE DEADLINE TO ORDER IS SATURDAY JULY 1ST!**

<https://cainboys2023.itemorder.com/>

Rickey Vandenburg  
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Cain Middle School