

New to Freeman Checklist

☐ **Physical**

- Link: <https://www.uil texas.org/files/athletics/forms/PrePhysFormRvsd2024.pdf>
- Must complete Physical and submit online.

☐ **Rank One: Online Paperwork**

- Link: <https://katyisd.rankone.com/New/NewInstructionsPage.aspx>
- Must complete online paperwork.

☐ **Contact Coach**

- https://docs.google.com/spreadsheets/d/1NCbXKFUQjlx3N_eUadagoqSUWPTskBn9YPE1Nrx-hX8/edit?usp=sharing

Fall Sports

BEGIN BEFORE SCHOOL STARTS!

- **Cross Country:** June 1st – July 31st: Summer Training/Mon-Fri @ 7am-8:00/8:30am
 - Location: Freeman HS (East Side entrance)/John Paul Landing Park / Paul Rushing Park/Memorial Park / Addicks Dam
 - Cost: \$30 goes to Gatorade and Food
 - August 3rd: First Day of Mandatory Practice
 - Contact: Coach Brillon/Josephabrillon@katyisd.org/281-851-6134
- **Football:** All the SAC Camp dates w/skills starting at 7am.
 - July 23rd: Parent Meeting @ Freeman HS 6pm
 - July 28th-31st: 7th, 8th, 9th Grade Football Camp
 - Aug. 3rd: First Day of Football Practice (9th graders)
 - Aug. 10th: First Day of Football Practice (10th-12th graders)
 - Contact: Coach Robinson 281.234.6632
- **Volleyball:** Dates are TBD
 - Contact: Coach Dowling 281.234.6572

[SAC Camp Flyer](#): This is a link