



ATHLETICS

Dear Diamondback,

We look forward to the 2019-2020 athletic school year and know that it will be a great year for Sharyland North Athletics. To be successful, you must do your part during the summer to continue the tradition here at Sharyland North. During the summer, it is vital that you prepare yourself for the upcoming athletic season. To do this, you must acclimatize your body to the heat by exercising outside around 3:00 or 4:00 p.m. These are the times that we will be practicing, so your body needs to be used to the heat. To better prepare for the heat and stress that practice will put on your body, you need to be eating well and drinking lots of water. If you are committed to doing your part this summer, we will be off to a championship beginning.

I also want to make you aware of some important events that will take place as the new school year approaches. First, we require that our athletes attend the summer strength and conditioning as much as possible. It will begin on June 3rd – July 19th. The junior high session will be from 9:30-11:30, Monday-Thursday. The strength and conditioning camp will be at Sharyland North this year! There is no fee, and lunch is provided. Pioneer will be hosting several summer sports camps. We encourage all our athletes to attend as many camps as they can to prepare for the upcoming year. Also, I want to remind all football players about the Diamondback football camp, July 29th-August 1, 6:00p.m.-8:00p.m, at Pioneer Stadium. The registration letters for the camps can be found on the district website under Summer Camps- Pioneer. Let's have a great turn out from North Diamondbacks!

We will be having our athletic parent meeting on August 20th, at 6:15. It is imperative that you and your parents attend this meeting. We will discuss all athletic expectations and introduce coaches. Parents will also have a chance to ask questions and we will have North apparel available to purchase. Please make arrangements to attend. Second, we will be passing out football equipment on Saturday, August 17th. The eighth grade time will be from 8:00- 10:00 a.m., and the seventh grade time will be 10:15 a.m 12:00p.m. Please be on time, we will not go past the times allotted, and you will have to wait until the first day of school to receive your equipment. No athlete will receive his equipment if he does not have his physical on file, or with him. Parents, on the equipment issuing days, please understand that we can not allow any parents in the locker room due to the locker rooms becoming too congested, and for the privacy of the athletes. With your cooperation, this procedure will go much smoother.

All athletes must have their physical on file on or before the first day of school to participate in athletics and to receive equipment. If you are participating in Cross Country, you will receive your equipment on the first day of school.

Football practice will begin on the first day of school. You will need to be prepared to stay after school until 5:45 every day from that point on. We will be passing out practice schedules and game schedules at the parent meeting, or you can view them on our school webpage. Parents, if your son is not picked up before 5:55, he will be put on the late bus and sent home. Please be prompt in picking up your child.

We are excited and anxious about this athletic year and look forward to working with you and watching you become the champions we know you are capable of becoming. Work hard this summer, and return back ready to **WIN!** **GO DIAMONDBACKS!**

Sincerely,

Coach Getz and the Diamondback coaching staff

“When Excellence becomes Tradition, Greatness has no Limits.”