

KNOX JR. HIGH ATHLETICS

2019-2020

P.O.W.E.R.

Positive Outlook Wins Everyone's Respect

KNOX ATHLETIC REQUIREMENTS

- PHYSICAL ON CISD FORM
- COPY OF BIRTH CERTIFICATE
- PASSING GRADES
- POSITIVE ATTITUDE

PHYSICALS



- *Physicals- April 17th*
- *Place: College Park High School Gym*
- *Time: 5pm-7pm*
- *Cost: \$20 or \$25*
- *If go to own doctor, physical must on or after April 15, 2019*

KNOX ATHLETIC GOALS



- To help students achieve their goals on and off the court/field.
- Provide a safe and positive environment.
- Build team unity and dedication.

KNOX ATHLETIC GOALS



- BUILD DISCIPLINE.
- BUILD CHARACTER AND LEADERSHIP SKILLS.
- BUILD SELF ESTEEM AND CONFIDENCE.
- PROMOTE SCHOOL SPIRIT.

Who signs up for athletics???

- **GIRLS**: All girls interested in volleyball or basketball need to sign up for girl's athletics.
- **BOYS**: Only boys interested in football should sign up for athletics.
- ***If boys are only interested in basketball they will try-out in November and then be placed in athletics if they make the team. These boys need to sign up for P.E.*
- *** If girls or boys are only interested in track, tennis, and golf they need to sign up for P.E.*
- *Anyone interested in Cross Country should sign up for Cross Country.*

WHAT IS OFF-SEASON?

- Girls have off-season basketball that starts at the beginning of the year. During this time girls work on skills, running and weight training. Off-season does not require any before or after school workouts but does require a physical.
- Girls also have off-season track that begins when basketball starts (November). This is for those who do not make basketball or do not wish to try out for basketball.
- Off-season basketball for boys is after basketball is over and is only for those who made the team.
- Off-season football begins when basketball starts. If a boy does not try out for basketball he will go into an off-season program that requires running, weight training and skills days.

Lady Knight Volleyball



- Try-outs-TBA
- 7th grade 7am-8:30am
- 8th grade- 4pm-5:30pm
- Must be present all 3 days.
- Head Coach:
- Valerie Kubiak

Knight Football



- Equipment pick-up TBA
- Practice times-7th grade-6:30am fieldhouse opens. Practice starts at 7:00am. 8th grade after school until 5:15pm (5pm on Fri.)
- Head Coach: David Hutyra

BOYS AND GIRLS BASKETBALL



- Basketball try-outs are the first week of November. Students need to listen for announcement for exact dates.
- 7th grade practices before school.
- 8th grade practices after school.
- Girls Coach: Chris Ortiz
- Boys Coach: Jon Hise

Girls and Boys Track

- Athletes must qualify for meets (top 4).
- Track starts at the beginning of February.
- Practices are before and after school.
- Meets are on Monday, Tuesday, Wednesday or Thursday.

- Girls Head Coach: Danielle Fairhurst
- Boys Head Coach: David Hutyra

Cross Country



- Year long elective: Sign up for Cross Country on your sheet.
- Practice: Boys, 8am & 1st period. Girls , 6:45 am before school and during 7th period.
- Practice will take place in all weather conditions.
- This is a very demanding and difficult class.
- Workouts consist of 3-5 mile runs and speed work.
- You will need: good shoes and \$20 uniform.
- Meets are on Fridays.
- Coaches: Will Payne, Danielle Fairhurst

Boys and Girls Golf

- Try-outs are in March. Times are TBA.
- 7th & 8th grade girls and boys Tournaments are on Tuesdays.
- Head coach: DAVID HUTYRA

Boys and Girls Tennis

- Try-outs at end of March.
- Practices are 7:30am – 8:30am.
- Head coach- Alan Arnold

SOCCER

- Soccer will begin in April, after track season.
- There will be a 7th grade girls team, 8th grade girls team, 7th grade boys team and 8th grade boys team.
- Games will be played against all other CISD junior schools.
- Girls Head Coach: Erica Oconnell
- Boys Head Coach: Ken Barron