

# 2022-2023 Montgomery High School Team Selection Information

## MISD Rules and Physical Packet

Completed and turned in prior to beginning selection process. Visit Athletic Coordinators Office or print <https://montgomeryisd.rankonesport.com>

- **Golf:** Incoming Freshmen or returning JV players wishing to play on a MHS Golf Team will try out July 26<sup>th</sup> and July 27<sup>th</sup> at 2:00 p.m. at Walden. Anyone interested in trying out should contact Coach Thomason ([kirk.thomason@misd.org](mailto:kirk.thomason@misd.org)) to confirm your try-out position.
- **Swim:/Dive:** Tryouts for the 2022-23 MHS Swim Team will be held at the MISD Aquatic Center on August 2<sup>nd</sup> and August 4<sup>th</sup> from 4:30-6:00 p.m. Interested participants MUST attend tryouts.  
\*\*Team Performance standards- in order to be in the athletic swim period, you must be able to ALL of do the following:
  - 1. complete a continuous swim of 400 yards using any of the four competitive strokes
  - 2. complete a 50 yard swim in each of TWO of the four competitive strokes (backstroke, butterfly, breaststroke, freestyle) 3. meet the following time standard for a 50 yard freestyle swim (any style start is acceptable)
  - Girls (32.5 Seconds) Boys (28.5 Seconds)
- \*Current competitive USA swimmers may be exempted from the swim trials upon verification of team info & verifiable meet times from the national SWIMS database – contact Coach Villemez if this applies. The swimming athletic class is the first period of the school day---- swim practice is before school, starting at 5:30 a.m. We have a daily shuttle bus that transports any non-driving athletes back to the high school for 2nd period. For more information, contact Coach Dale Villemez ([dale.villemez@misd.org](mailto:dale.villemez@misd.org)).
- **Volleyball:** Mandatory Tryouts will be August 1<sup>st</sup>-3<sup>rd</sup> from 6-7 AM (MISD Track) and 4-6:30 PM in the MHS Competition Gym. Contact is Stormi Champion ([stormi.champion@misd.org](mailto:stormi.champion@misd.org)). Coach authorization needed before enrollment in class. Athletes who make the team will be expected to begin practices immediately.
- **Cross Country:** Practice begins on the 2<sup>nd</sup> Monday in June. Please contact Coach McGuire ([timothy.mcguire@misd.org](mailto:timothy.mcguire@misd.org)) for practice times/admittance to the team. You must have your physical completed.
- **Football:** Mandatory football practices begin on August 1<sup>st</sup>. Everyone except incoming freshmen should visit with Coach Cooper ([grant.cooper@misd.org](mailto:grant.cooper@misd.org)) before being enrolled in the athletic period.
- **Tennis:** Tennis tryouts will be held on July 21<sup>st</sup> at 8:00 a.m. for the girls and 10:00 a.m. for the boys. In the event you miss tryouts or for more information contact Coach Murray ([Gretchen.muarry@misd.org](mailto:Gretchen.muarry@misd.org))
- **Track:** Practice begins during the athletic period when school starts. You must have a completed physical and permission from Coach McGuire (Girls) or Coach Gresham (Boys) for class admittance. Contact [timothy.mcguire@misd.org](mailto:timothy.mcguire@misd.org) or [Jeremy.gresham@misd.org](mailto:Jeremy.gresham@misd.org) for more information.
- **Basketball:** Everyone except incoming freshmen should have authorization from the head coach before being enrolled in the athletic period Contact Head Boys Basketball Coach Don Johnson at [don.johnson@misd.org](mailto:don.johnson@misd.org) or Head Girls Basketball Coach Kelly Savoy at [Kelly.savoy@misd.org](mailto:Kelly.savoy@misd.org) for approval.
- **Baseball:** Everyone except incoming freshmen should have authorization from the head coach before being enrolled in the athletic period. Contact Michael Starkey ([Michael.starkey@misd.org](mailto:Michael.starkey@misd.org)) for approval.
- **Soccer:** Everyone except incoming freshmen should have authorization from the head coach before being enrolled in the athletic period. Contact Brandi Wilkinson (Girls) [brandi.wilkinson@misd.org](mailto:brandi.wilkinson@misd.org) or Thomas Stout (Boys) [thomas.stout@misd.org](mailto:thomas.stout@misd.org) for approval.
- **Softball:** Everyone except incoming freshmen should have authorization from the head coach before being enrolled in the athletic period. Contact Daniel Carnline [Daniel.carnline@misd.org](mailto:Daniel.carnline@misd.org) for approval.

Any questions should be directed to the head coach of the sport or to the Athletic Coordinators Grant Cooper ([grant.cooper@misd.org](mailto:grant.cooper@misd.org)) and Brandi Wilkinson ([brandi.wilkinson@misd.org](mailto:brandi.wilkinson@misd.org))

Physicals can be emailed to [Robert.wareham@misd.org](mailto:Robert.wareham@misd.org).

All athletes new to the school after registration will meet with a counselor to schedule classes. Once classes are scheduled they will meet with the Athletic Coordinator or the Head Coach to begin any paperwork necessary for athletic eligibility.