



Eagle Mountain Saginaw
Independent School District
8000 Comanche Springs Dr
Ft. Worth, TX. 76131
Phone: 817-847-9210
Fax: 817-847-4255



Prairie Vista Boys Coaching Staff
Boys' Athletics Office Phone: (817)-847-9210 (ext.5474)

Silas Robertson-Boys Coordinator Head Coach
Football, Basketball and Track
srobertson01@ems-isd.net

Dean Killman
Football, Basketball and Track
rkillman@ems-isd.net

Travis Kott
Football, Basketball and Track
tkott@ems-isd.net

Marcus Johnson
Football, Basketball and Track
mjohnson@ems-isd.net

Reese Lunceford
Football, Basketball and Soccer
rlunceford@ems-isd.net

Jeff Rachels
Football, Basketball and Track
jrachels@ems-isd.net

Jose Rodriguez
Cross-Country/Soccer Head Coach
jrodriguez01@ems-isd.net

Prairie Vista Girls Coaching Staff

Girls' Athletics Office Phone: 817.847.9210 (ext. 5475)

Chay Mann - Girl's Athletic Coordinator

Volleyball, Basketball and Track

cmann@ems-isd.net

Bretagne Galbreath

volleyball, basketball, track

bgalbearth@ems-isd.net

Shannon Atkinson

volleyball, basketball, soccer

satkinson@ems-isd.net

Royn Maxey (Hill)

volleyball, basketball, track

rmaxey@ems-isd.net

Alisandra Montemayor

volleyball, basketball, track

amontemayor@ems-isd.net

Courtney Hughes

cross country, soccer

chughes@ems-isd.net

Leslie Crook

Tennis Boys & Girls

lcrook@ems-isd.net

Website Information

Prairie Vista Middle School Athletic Program Information is online.

This information includes the athletic handbook, uniform orders, schedules (practice and game), locations, directions and district policy. Coaches will also post game results and summaries. The link is a great source of information for all families.

How to use the Website:

1. Type in the address bar www.emsisd.com
2. Click on the select a school drop down menu
3. Click on Prairie Vista Middle School
4. Click on Athletics
5. Click on the sport
6. Click on options of schedules, game results, coaches' information, camps, or leagues.

P.V Coyotes Athletics Communication Procedures

This document is to help facilitate a clear understanding of expectations regarding the policies and procedures for parent/athlete/coach communications.

COMMUNICATION TO EXPECT FROM THE COACH:

1. Expectations the coach will have for an athlete as well as all the players on the team.
2. Locations and times of all practices and contests.
3. Team requirements for participants (practices, code of conduct, equipment, discipline, conditioning, etc.).
4. Conduct that may result in the removal of athletics.

COMMUNICATION COACHES EXPECT FROM ATHLETES:

1. Athletes should communicate any questions or concerns directly with their coach and work together to find a solution.
2. Absences, early dismissals, and academic or behavioral issues communicated directly to their coach.

COMMUNICATION COACHES EXPECT FROM PARENTS:

1. Please do not confront a coach after a practice or a game. Follow the 24-hour rule.
2. Any questions or concerns regarding their son/daughter expressed directly to the player's coach first. If you are unable to find a resolution, follow the order of the communication tree.
3. Notification of any schedule conflicts well in advance.
4. Notification if your child is absent from practice or games.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of your child.
2. Ways to help your child improve.
3. The success of your child.
4. The behavior of your child.

INAPPROPRIATE ISSUES TO DISCUSS WITH A COACH:

1. Playing time
2. Team strategy
3. Other student-athletes

If you feel that a conference needs to be set up to discuss a concern, the following steps should be followed to help promote a peaceful and timely resolution.

1. Encourage your child to speak directly with the coach first as this will often take care of the problem.
2. Please do not try to meet with the coach after a game or practice regarding a specific problem/issue. (24 Rule)
3. Set up a parent conference with the coach.
4. Please communicate the concern by following the communication tree.
 - a. If the coach cannot be reached, contact the head coach of that sport.
 - b. If the meeting with the coach does not resolve the problem to your satisfaction. Contact the Boys/Girls Coordinator.
 - c. If the meeting with the **PVMS** Coordinator does not resolve the problem to your satisfaction, contact the Eagle Mountain High School Coordinator, **Coach Mullins 817-847-2946 or Coach Forester. 817-847-2946**
 - d. Final step would be to contact our campus Principal **Wat Harden at 817-237-9631**. If still unsatisfied, contact the EMS-ISD Assistant Athletic Directors John Abendschan or Tricia Leavitt **at 817-232-0880**.

Prairie Vista Middle School Athletic Expectations

1. Academics come 1st. Athletics 2nd. Failing a class will result in ineligibility to play sports based on the eligibility process. Repetition of failing a class may result in removal of athletics.
2. Athletes will participate in multiple sports, no specialization.
3. Play sports on the high school level.
4. Win or lose, athletes will display good sportsmanship toward teammates, officials, coaches, and opponents at ALL times.
5. Respect authority. Respect teachers, administrators, coaches, parents, officials, teammates, and opponents at ALL times.
6. Honor the game and compete within the rules of the sport.
7. Have great work habits.
8. Be Coachable.
9. Be on time for school, practices, athletics, and departure of games.
10. Wear the correct athletic uniform, socks, and athletic shoes for practices and games. Shirts must be tucked in; long hair worn up. No sagging or pulling up shorts/pants.
11. No jewelry during practices or games. Jewelry includes earrings, rubber wristbands, watches, bracelets, and necklaces. UIL RULE.
12. No Phones out in the locker room. All phones must be in your backpack.
13. Keep locker room clean at ALL times.
14. Do not share lockers. This may cause the loss or damage of equipment and personal items. Keep ALL equipment and personal items locked up in your OWN locker.
15. School/faculty is not responsible for lost or damaged personal items.
16. Communication is important. Communicate with teachers, parents, administrators, and coaches.
17. If an athlete has an injury or illness, a parent note is good for that injury or illness for 3 consecutive days for not participating in athletics. After the 3 days, the athlete must have a doctor's note or note from the athletic trainer to not participate in practice or games.
18. In the event of a missed practice, points may be deducted from your grade. Make-up work can be done to add back the points.
19. All athletes must travel to games on school transportation. The required written documentation is required for an athlete to not to travel to games on schools' transportation.
20. Assist in setting up practice/game equipment.
21. All athletes must sit together in the designated area as a team until the end of all home and away games and behave in a manner that is positive and respectful. No athlete should leave the designated area without the permission of a coach.
22. Zero tolerance for bullying, fighting, drugs, alcohol, and illegal activity. These activities may lead to the removal of athletics.
23. Student athletes will also be required to maintain a hairstyle suitable for athletic competition. Suitable may be defined as (1) not impairing vision (2) suitable in length as to not create a safety hazard (3) not promoting disunity (shaved insignias, symbols, **alternative colors**). This policy applies to the off-season period as well as during the sports season.

P.V Sports Workout and Game Schedules

A. Football

1. 7th grade practices from 7:00am-8:45 am.
2. 8th grade practices from 3:00 pm-5:00 pm.
3. Practice will start the second day of school.
4. See rankone for game schedule.

B. Cross Country

1. 7th and 8th grade practice at 7:00 am or Afterschool.
2. Practices will begin the 2nd week of school.
3. See rankone for meet schedule.

C. Volleyball

1. 7th grade practice at 7:00-9:06 am. 8th grade practice 7:00-8:05 / 2:51-3:40
2. Practices will begin the 2nd week of school.
3. See rankone for game schedule.

D. Basketball

1. Try-outs will start after football season TBA.
2. Girl's practices from 7:00am-8:45 am and during the athletic period.
3. Boy's practices from 3:40pm-5:00 pm and during the athletic period.
4. See rankone for games schedule.

E. Track

1. Try-outs will start after basketball season.
2. Track practice times will vary due to weather conditions but will primarily practice after school.

F. Tennis

1. Try-outs will start on the second day of school.
2. 7th grade basic tennis practices during 2nd period 8:20-9:00 am.
3. 8th grade advance practices before school and into the 1st period.
4. See rankone for meet schedule.

G. Soccer

1. Try-outs will start after track season TBA.
2. Practice will be after school until 5:30 pm
3. See the schedule for the matches.

All practice and game schedules are subject to change.

Prairie Vista Middle School Athletic Handbook Contract

As a **Prairie Vista Middle School Athlete**, it is an honor and a privilege to be a part of the **Prairie Vista Middle School Athletic Program**. By being a part of this program, an athlete must maintain a high level of integrity, discipline, loyalty and commitment to the program. Parents, please try to support the athletic philosophy. These expectations must be abided by in order to remain in good standing with the athletic program.

I. Goals - PV athletes will develop:

1. Across the board athletic unity.
2. Total program commitment to success.
3. Pride, character, self-discipline, and self-esteem.
4. A winning attitude in the classroom and athletics.

II. Behavior – Classroom:

1. **Yes ma'am or sir.**
2. Follow all classroom directions without question.
3. Show respect and listen attentively when a coach is giving instructions.
4. Be a leader. Be a representative of Prairie Vista, so respect teachers, administrators, teammates, coaches, the school, and the community.

III. Classes/Homework:

1. The expectation is for ALL grades to be an 80 or above.
2. It is your responsibility to stay on top of your grades. Communicate with your teachers on a weekly basis about your status in class. We don't want any surprises at report card/progress report time; therefore, we will be conducting grade checks on a weekly basis. **Any athlete will attend tutorials for the following:**
 - **Average grade below a 75**
 - **A failing grade on an assignment/test****Consequences may be implemented until the grade has been brought to expected standards.**

IV. ISS-(In House Suspensions)-If an athlete is in ISS, then that athlete cannot attend any practices or games during the duration of the ISS.

V. OSS (Out of School Suspensions)-If an athlete is in OSS, it will reflect, practice time, playing time and/or suspension. It will be under the discretion of the head coach or the athletic coordinator.

VI. Practice/Absences

1. Expect to attend all practices.
2. Any absence for any reason from practice/school, please communicate that with the coach of that sport or the **coaches' office. We plan our practices and games with all players in mind, so knowing ahead of time allows us to make any needed adjustments.**
3. All missed practices must be made up before the athlete is eligible to participate in the upcoming game. Excessive absences will affect playing time.

Absences With No Communication of Absence:

1. 1st time with no call= Verbal warning and “Yote”.
2. 2nd time with no call= Reduced playing time and “Yote”.
3. 3rd time with no call=One game suspension and “Yote”.

Tardiness will not be tolerated. Consequences for tardiness is as follows:

1. 1st Tardy=conditioning/verbal warning
2. 2nd tardy=conditioning/parent contact
3. 3rd tardy=reduced playing time and “Yote”.
4. 4th tardy= one game suspension and “Yote”.

“Yote” is extra conditioning.

3. **Missed Games.** Athletes/Parents are required to notify the coaching staff if an athlete misses a game. Any athlete who misses a game for a non-school related activity and/or no communication of missing the game would result in reduced playing time. Exceptions to this rule will be made for illness, family emergencies, or official school related functions. School related functions must be discussed with a coach prior to the absence.
4. **Equipment – Workout clothes: Greens and Grays \$35 dollars**
 1. Each athlete must wear the proper athletic uniform during practices and games.
 2. **No jewelry during practices or games. Jewelry includes earrings, rubber wristbands, watches, bracelets, and necklaces. UIL RULE.**
 3. Shirts must be tucked in.
 4. No sagging or shorts rolled up.
 5. White/black socks (**calf level only for boys**). No “no show socks”
 6. Shoes must be laced appropriately for athletic activity.
 7. **Workout clothes are not to go home as they are washed daily by coaches.**
 8. **Any equipment/uniform issued to an athlete is the responsibility of that athlete. Lost and/or damaged items will result in a monetary fine.**

****Piercings:** Athletes are not allowed to participate with any piercings in games or practice. If an athlete decides to get a new piercing, they will not be allowed to participate in practice, or games, unless they remove the piercing in accordance with UIL rules and safety issues.

VII. Injuries

1. If an athlete sustains an injury during practice and/or a game, the athlete needs to notify a coach or athletic trainer.
2. It is recommended that an athletic trainer should see all injured athletes first, prior to seeing a primary doctor.
3. If further medical assistance is needed, athletic trainers can put you in contact with the sports doctor who works regularly with our athletes. The athlete has the choice to see their primary doctor.
4. If an athlete sees a doctor due to an illness or an injury, please bring a detailed note from the doctor stating no practice status, games status, and limitations of practice.
5. Any athlete seeing a doctor/trainer must bring a release in order to begin participating again in athletic workouts.

VIII. Game Set Up- Athletes (with the help of coaches) are responsible for setting up and taking down all equipment before and after the games. This includes poles, nets, antennas, pads, referee stands, chairs, score table, balls, and water jugs.

IX. Game Day

1. As a member of athletic program, athletes are held to a higher standard than the regular student body. All athletes must be respectful and behave in a positive manner while waiting in the stands for their time to play. If either issue becomes a problem, conditioning will be given the following day.
2. Parents may bring food. Food needs to be in the front office by 3:15.
3. Athletes have an opportunity **(optional)** to purchase a game day lunch provided by a restaurant company.
4. If an early dismissal from class is necessary, athletes will be responsible for getting any missing assignments from the early dismissal.
5. It is the athlete's responsibility to be on the bus, dressed in your uniform at the designated time, making sure the athletes have everything needed for the game.
6. All athletes must travel to games on school transportation. The required written documentation is required for an athlete to not travel to games on school transportation.
7. Behave appropriately and safely on the bus. No standing or changing seats on the bus. On the way to games, all athletes should remain quiet on the bus and will be used as a study hall period or concentrating on the game. All athletes' trash needs to be picked up and placed in a trash can once getting off the bus. There will be consequences for any trash left on the bus. Do not throw trash out the window.

8. Immediately following the game all athletes will meet in one designated area before leaving. This is a security procedure.
9. Parents may sign out athletes on the sign out sheet after the completion of a game.
10. If an athlete is going home with someone other than a parent/guardian, a written document for permission needs to be given 24 hours in advance via email or written note. Once the athlete has been signed out, **PVMS** will no longer be responsible for that athlete's safety.
11. Parents, be prompt when picking up athletes after all games. The designated pick-up point is in the back of the school by the locker room door. Please call if there is a problem.

X. ILLEGAL ACTIVITIES

1. Any athlete reasonably determined to have been involved in illegal activity is subject to dismissal from the program.
2. Any athlete having knowledge of such illegal activity is encouraged to come forward and speak to the coaching staff.

XI. BEHAVIOR OFF THE COURT

1. Any athlete receiving a negative behavior report from a teacher may receive reduced playing time and/or additional conditioning. If the player consistently receives negative reports, this may result in additional conditioning, loss of game time, or privileges, and/or a parent conference will be required. The player will also be placed on a behavioral contract.
2. Any player receiving multiple detentions or placement in ISS/OSS is subject to additional conditioning, reduced playing time, and or possible removal from the team/athletics.
3. Any player receiving an out of school suspension will be suspended from competing in the next two games and will complete their make-up practices and conditioning before returning to play.
4. Any player assigned to Alternative School will be immediately removed from any team they are currently playing with and could potentially be removed from athletics all together.

XII. EQUIPMENT

1. Each athlete will have equipment issued on file. Every item that is issued will be signed by the athlete. All items must be returned to the condition they were received. Any items lost or damaged must be paid for. Any athlete with an outstanding balance may be prohibited from trying out for the following season, until the balance has been paid.
2. Once the season is over all jerseys and travel equipment must be turned in. Athletes moving to another sport must turn in all issued equipment before moving to another sport.
3. **Uniforms must be turned in after the completion of each competition and we will wash and returned the uniforms to the athletes. Uniforms must never be taken home.**

XIII. LOCKER ROOM

1. All athletic players will be assigned a locker in the locker room.
2. Valuable items and school issued items should always be locked up. **PVMS** will not be responsible for items stolen or lost in the locker room.
3. The locker room must stay clean at all times. Athletes will be assigned extra physical activity for the locker room not being clean.
4. Any school issued items left in the locker room must be earned back with extra physical activity.
5. **Cell Phones**-Per code of conduct, cell phones/electronic device capable of capturing images is strictly prohibited in locker rooms or restroom areas while at school or at a school related/sponsored function.
Consequences for cell phones/electronic device are as follows:
 - a. 1st Violation=verbal warning
 - b. 2nd Violation=take up phone/parent contact
 - c. 3rd Violation= take up phone/parent contact and “YOTE”.
 - d. 4th Violation= take up phone/parent contact/ reduced playing time and “YOTE”.

XIV. AAU/Club/Out of School Activities

1. School sports take priority over any outside organizations or activities.
2. If an athlete misses a school activity for an out of school activity (AAU/Club/etc.), it may result in reduced playing time or being suspended from the next game. All starting positions will be at the coach’s discretion.

XV. ATHLETE QUITTING A SPORT

If an athlete decides to quit a sport once been placed on a team, it is at the coaches’ discretion if the athlete will be allowed to try out for any other sport during that school year.

XVI. PARENT COMMUNICATION

1. Playing time will be handled on a player/coach level. Coaches will not discuss playing time with parents. All starting positions will be at the coach’s discretion.
2. If a parent has an issue that needs to be discussed, please refer to the communications and chain of command procedures in order to resolve the issue. Please wait 24 hours before contacting the coaching staff with an issue.

3. Please be supportive and respectful of the athletic program. Below is the Behavior Expectations of Spectators set forth by the University Interscholastic League and followed by the EMS ISD Athletic Department.

UIL Behavior Expectations of Spectators

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as the “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

PRAIRIE VISTA MIDDLE SCHOOL ATHLETIC CONTRACT AGREEMENT

I have read and understand the athletic handbook. I understand that it is a privilege to be apart of the **Prairie Vista Middle School** Athletic Program and that not following the rules, expectations, and guidelines of the athletic program may result in removal of a sport or athletic program. By signing this contract, I agree to abide by the Rules and Expectations set forth by the **Prairie Vista Middle School** Athletic Handbook and Program during the school year that I am participating in athletics. I also understand that with participation in athletics, there is a possibility of injury.

Athlete's Name (Print Name): _____

Grade: _____

Signature of Athlete

Date

I have read and understand the athletic handbook. I understand that it is a privilege for my child to be a part of the **Prairie Vista Middle School** Athletic Program and that not following the rules, expectations, and guidelines of the athletic program may result in the removal of my child in a sport or athletic program. By signing this contract, I agree that my child and I will abide by the Rules and Expectations set forth by the **Prairie Vista Middle School** Athletic Handbook and Program during the school year that my child is participating in athletics. I also understand that my child participation in athletics may result in a possibility of injury.

Parent's Name (Print Name): _____

Signature of Parent/Guardian _____ Date _____

Revised 8/1/24.

Scan to buy the uniforms.



EMS ISD ATHLETICS ONLINE TICKETS ONLY



**EAGLE MOUNTAIN
SAGINAW ISD**
Athletics