

Austin High Freshmen Athletics

Guidelines for enrolling in Athletic classes:

- Freshmen may sign up for **ONE sport ONLY** on their choice sheets
- Must sign up for the entire year.

What if I want to participate in more than one sport?

You should sign up for the sport that starts its competitive season first (see next page), and sign up for the full year. Please sign up for the fall sport first. You will seek approval for the second sport during the school year. Coach will approve schedule change during the 9th grade year.

Do I need a physical to participate in Athletics?

Yes, a doctor's physical is **required** for ALL sports. Athletes are strongly encouraged to get a physical during the summer so they will have it when school starts. **All students must have a physical dated after April 15, 2021** to participate. Students will be removed from the athletic period if they do not have a physical by the second week of school. Many minute clinics offer an inexpensive walk-in school physical. All forms in RankOne must also be completed before participation

What if I try out and don't make the team?

If students do not make the team during try-outs, they will be transferred from the athletic period and reassigned to a PE class.

Exceptions: Football – In 9th grade no athlete will be cut from football because of performance

Summer Participation: Sports that begin before the first day of school:

Cross Country- Begins in June immediately after school gets out – get more information:
www.austinhighcrosscountry.com

Summer Conditioning Workouts (Boys and Girls are encouraged to attend)

June 8-June 25 (First Session) **July 6-23** (Second Session) (MONDAY-THURSDAY)

Please call or email Coach Rosenthal at Michael.rosenthal@austinisd.org or 512-789-7532

Freshman Football Practice: August 2. 7am-9:45am **(MANDATORY) MUST HAVE PHYSICAL TO PARTICIPATE**

Volleyball tryouts begin **August 2nd** (first Monday in August) **(MANDATORY)**

Freshman Volleyball Camp – **July 26 (VOLUNTARY BUT ENCOURAGED)**

Athletics that are double blocked (require two periods of participation), and will earn one credit:

Boys Sports

Football
Basketball
Baseball (Varsity)
Golf (optional)
Tennis (optional)

Girl's Sports

Volleyball
Basketball
Softball
Golf (optional)
Tennis (optional)

The following athletic programs meet before or after school and do not have an athletic period: wrestling, boys and girls lacrosse. Members of the wrestling team receive PE credit, while both lacrosse teams and rowing teams can apply for a PE waiver to receive credit.

All other athletic classes are single blocked (single class period). (Boy and Girls Tennis, Boys and Girls Swimming, Boys and Girls soccer), Cross Country (fall only), Track and Field (spring only)

DIRECTORY OF COACHES

SPORT	COACH	EMAIL	REPORT DATE
Baseball	Billy Brown	Billy.brown@austinisd.org	1st day of school
Basketball Boys	Brad Ingram	Brad.ingram@austinisd.org	1st day of school
Basketball Girls	Emerald Amen	Emerald.amen@austinisd.org	1st day of school
Cross Country	David Yin	David.yin@austinisd.org	August 2
Football	Mike Rosenthal	michael.rosenthal@austinisd.org	August 2
Golf Boys	Nick Lebo	Nick.lebo@austinisd.org	1st day of school
Golf Girls	Lance Roberts	Lance.roberts@austinisd.org	1st day of school
Lacrosse Boys	Jordan Ruggieri	jmuggieri@gmail.com	Oct-April
Lacrosse Girls	OPEN		Oct.-April
Soccer Boys	OPEN		1st day of school
Soccer Girls	Jason Carnley	Jason.carnley@austinisd.org	1st day of school
Softball	Kristen Lozano	kristen.lozano@austinisd.org	1st day of school
Swimming	Ryan Goodwyn	Ryan.goodwyn@austinisd.org	1st day of school
Tennis Fall (Team)	Alex Carrillo	Alexandra.carrillo@austinisd.org	August 2
Tennis Spring	Alex Carrillo	Alexandra.carrillo@austinisd.org	August 2
Track Boys	Jackson Bauer	jackson.bauer@austinisd.org	February 1 st
Track Girls	Jocelyn Satterwhite	jocelyn.satterwhite@austinisd.org	February 1 st
Volleyball	Kiley Woods	Kilynn.woods@austinisd.org	August 2
Wrestling	Mark Dawson	Mark.dawson@austinisd.org	Nov. 1