

Highland East Spring Sport Information

February 1, 2022

2022 Junior High Slowpitch Softball Information

Please read all the information regarding Slowpitch Softball. If you decide to play, you must join the "Team App". Search "Moore Softball" and make sure to select "JH". This needs to be done by parents AND players. All information is sent out via the Team App. If you have any questions, please email Chelsea Lohn (assistant JH softball coach). chelsealohn@mooreschools.com

Slowpitch Practice starts Tuesday, February 22nd @ MHS softball field and facility (north of the duck pond) after school. The following must be completed in order to get on the shuttle bus on February 22nd . • OSSAA Physical Form must be completed and emailed to Coach Lohn. Rank One paperwork must be filled out online at rankonesport.com . Email Coach Lohn or message her in the Team App confirming that you are playing slowpitch. We must have accurate roster before the first day of practice. This is the only thing that needs to be done if you played Fastpitch Softball at MHS in the Fall. Game Schedule: Posted on the Team App under "Documents".

Practice Schedule: A weekly schedule will be sent out on Saturday or Sunday on the Team App. Players are shuttled from CJH and HEJH to the softball facility at MHS by Coach Garcia, the JH Head Coach. Players need to be picked up at the "skillet" (parking lot directly north of the football stadium) after practice no later than 5:15 p.m. Practice will typically be done by 5pm. Shuttle Bus Explanation (bus # will be sent out later): Coach Garcia shuttles the players to the MHS softball facility on days of practice and games. He picks up the girls at CJH first (right after school at 2:20 p.m.) and then heads to HEJH. After that, the bus comes to the MHS Softball Facility and players change into their practice attire.

Practice Attire: All attire needs to be MHS colors (blue, red, white, black, or gray). Players are to wear softball pants or sweatpants (leggings are not allowed) and preferably long sleeves. It is required to bring a jacket or sweatshirt/hoodie every day to practice, even on warmer days. Slowpitch season is cold and warm days can quickly change. Players need cleats and tennis shoes with them every day. *Practice

Equipment: Players must bring their softball bag every day. They need cleats, tennis shoes, glove, helmet, bat (unless they are not sure yet what size they need), and a large water jug. The water you bring to practice should not be the water you drink at school. It needs to last you the duration of practice/game. Players can keep their bags in the office or designated area at their school. Talk to other players at your school to find out where to put your bag.

*Uniforms: Players will be checked out two uniform tops (white and blue), red pants, and royal blue belt. Players are required to provide their own long royal blue socks (no emblem) and white long sleeve compression shirt. The white long sleeve compression shirt must be worn during games. Moore JH Slowpitch Softball – EQUIPMENT • Glove (required) • Bat (highly recommended to have your own) We have one team bat and a few other old ones in our hitting closet. • Large Water Jug (required) • White Long Sleeve Compression Shirt (required) Must be worn under uniform top during games. It would be a good idea to have more than one. o Should be able to find on Amazon or at Academy. No emblem/logo can be on the neck of the sleeves. • Long Royal Blue Socks (required) Must be worn with uniform. No

emblems/logos can be on the socks. They need to be solid royal blue. We sell them for \$5. See Coach Lohn. It would be good to have more than one pair. Helmets (required) Student athletes are not allowed to wear helmets from their summer ball teams. No sharing helmets. We sell the MHS Helmet for \$100. First come, first serve. o If you buy a helmet on your own, stick to MHS colors (blue, white, or red). Cleats (required) Stick to MHS colors (preferably white or black). Metal cleats or molded cleats are allowed. • Team Bag (not required) "Mizuno Organizer OG5 Backpack", color Royal Blue/Gray. "Mizuno Organizer 21 Backpack", color Royal Blue If you carry your own bag, it needs to be school colors. It cannot have your summer ball team name on it.

MOORE TRACK & FIELD

Welcome Back! I hope you are excited as we are to be back in 2022! I wanted to pass on some information for the up-coming weeks!

Information needed before starting Track and Field (MUST HAVE'S)

- Physical (Must completed by a Doctor)
- Rank One (Online forms) (rankonesport.com)

Dates to Remember (PARENTS ONLY)

February 3rd at 5:30pm Jr. High Parent Meeting & High School Parent Meeting 6:16pm (HS Media Center)

First Day over to High School- February 9th. Date will be passed on at Parent Meeting.

New App for Track

Team APP (Free App)

Follow these steps:

1. Download Team App from the Apple or Google Play app store.
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "MOORE TRACK".
4. Choose your applicable access group(s). (High School, Parent, Jr. High, Alumni)

5. If you don't have a smartphone go to www.teamapp.com/clubs/468207 to sign up and view this App online.

Thanks Coach Seifried (Email-stefanseifried@mooreschools.com); Nick Garrison

Moore Jr. High Golf Player/Parent Information

WHO CAN PLAY JR. HIGH GOLF?

Any boy/girl currently in the 7th or 8th grade who passed at least 5 subjects in the previous semester is eligible. All paperwork needs to be filled out online at www.rankonesport.com before you can start practice. If you have played another sport this school year, your paperwork will already be on file and all I would need is your emergency form on the first practice day. If your child has not played another sport this school year then I will also need a copy of their physical form.

PRACTICE:

You must try to be at practice every day. If you have 4 or more un-excused absences you will be dismissed from the team. If you must be gone, then you or your parents need to contact me for it to be excused.

WHEN- Monday – Thursday from 2:45 to 4:15pm. We will not practice on Fridays. Your rides need to be at the practice site no later than 4:15, Thanks.

WHERE- We will meet daily at Earlywine Golf Course to work on putting, chipping, and use their driving range. We will try to play at least once a week; although, I highly encourage our players to play as often as possible on their own. Our first day of practice will be Monday, February 28th . (Meet in the restaurant area)

Money- Each practice day we will hit at the range, the cost of a token is \$3.50. The players will need at least 1 token. That gets them 30-35 balls. On days that we qualify, we will play on the course, the green fee for those days is \$5.50.

HOW DO WE GET THERE- You must provide your own transportation. I know this can be a problem, so maybe try and form some car-pools to get to and from practice. I apologize for this problem but at this point, this is the most practical solution.

WHEN WILL WE NOT PRACTICE- If the forecasted temperature is 35 degrees or higher, we will practice. If there is a chance of rain, we usually will wait until 11:00am to make a decision so players may call you at their lunch hour. I will email schools and they should make an announcement for cancelling practice. I will also use Remind App to send out info. To sign up Send text to 81010 in message put @mooregolf

WHEN AND WHO WILL COMPETE:

We will enter 4 tournaments. Our team will be determined by playing 4-9 holes on the days leading up to the tournaments. I will let the players know in advance of these days. Parents are welcomed to go to the tournaments and watch them compete. You may rent a cart or walk; you are just asked not to coach them while they are on the course. This is so they can learn and make choices for themselves.

All questions can be forwarded to Coach John Daggs at Brink JH 735-4540. My work e-mail johndaggs@mooreschools.com home johndaggs@cox.net

Boys and Girls Tennis

We will have a Middle School Tennis program this year! Practices will run from March to early May. You will need to provide your own racket and shoes. Practice times are still to be determined, so please join our group me at this link to stay up to date on details:

You're invited to my new group 'JH Tennis - Highland East and Central' on GroupMe. Click here to join: https://groupme.com/join_group/58171885/QSOz2Sml

If you have any questions please contact Coach Theodore Becker at theodorebecker@mooreschools.com.