**Lady Bobcat Athletics FAQ**

**Do I have to have a physical?**

 Yes – typically we offer them at AMCMS for 10$ in the spring info will be sent out to Oakwood when we have a date.

**What other paperwork is required?**

 [www.planeths.com](http://www.planeths.com) there is a sheet that explains everything also attached.

**Can I wear jewelry?**

 NO – per UIL jewelry is not allowed. This means NO earrings, necklaces, watches, bracelets. Also, band aids can NOT be worn over earrings. Please do not get ears pierced right before school.

**Do I have to dress out every day?**

 Yes – you are issued 2 shirts and 2 shorts that must be worn everyday and you are responsible for washing them. No stinky uniforms.

**Is there a penalty for not dressing out?**

 Yes – you will be given a 50 as a daily grade and must sign the infraction sheet which can lead up to detentions.

**How many sports do you offer?**

 6 – cross country, volleyball, basketball, tennis, track and golf

**How many sports do I have to try out for?**

 2

**Do I have to make 2 teams ?**

 No

**Can I do athletics and be in band/orchestra/choir/dance/cheer?**

 Yes

**Should I be in athletics to be with my friends?**

 NO

**What about my hair?**

 All hair must be in a ponytail and out of the eyes. If you have extremely short hair it must also follow the guidelines about being out of the eyes. This is a safety measure.

**Does everyone make the team?**

 No – we have cuts based on tryouts for all teams except cross country. The tryouts are sport specific and more information will be given prior to tryouts.

**If I do not make a team what do I do?**

 If you do not make a team you go to off season, which consists of running and conditioning and or preparing for another sport such as basketball.

**How much time do I get to dress out and be in my squad lines?**

 9 minutes from the dismissal bell

**Do I have to wear a mask?**

 As of right now we are wearing masks inside and we can remove them outside. If you are in a drill inside you can take your mask off if you are on the sidelines your mask must be on and up!

**Where can I change my clothes?**

 You change in front of your locker, not in the bathroom or shower stalls.

**Absolutely no PHONES inside the locker room.**

**You must pass all your classes, or you will be removed from athletics.**

**If you get ISS for 7 total days’ you will be removed from athletics.**