

Irma Marsh Basketball



Parent Packet 2020



Coaches

Everett White, Athletic Coordinator: whitee@castleberryisd.net

Brad Adams, 8th Grade A-Team: adamsb@castleberryisd.net

Eric Akinnibosun, 8th Grade B-Team: akinnibosune@castleberryisd.net

Lance Canterbury, 7th Grade A-Team: canterburyl@castleberryisd.net

Aden Slay, 7th Grade B-Team: slaya@castleberryisd.net

Castleberry Independent School District

Athletic Code of Conduct



STATEMENT OF PURPOSE

Participation in athletics is an opportunity provided to students who demonstrate a commitment to the classroom. The decision to participate in athletics includes the responsibility of maintaining the high standard of values identified in the Athletic Code of Conduct. Misbehavior will not be tolerated. To be a successful participant in athletics, it is extremely important the student understand the conditions of participation before making the decision to enter the program.

ATHLETIC CODE OF CONDUCT

- ... Violation of the *Athletic Code of Conduct* will be considered on an individual basis.
- ... You will be treated fairly.
- ... You are an athlete year round.
- ... Comply with school policy.
- ... Conduct yourself as a lady/gentleman at all times.
- ... Always tell the truth.
- ... Do not steal.
- ... Do not make excuses.
- ... Do your best in the classroom.
- ... Respect your teammates.
- ... Do not participate in other non-school related sports while your sport is in season.
For example: Volleyball players that are in-season may not play club or LYSA volleyball, but may play club or LYSA softball.
- ... Do not use tobacco, alcohol, drugs or any mood-altering chemical.
- ... If you have a concern, talk to your coach in private.

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2070



Summary of Make-up Practices 2020-21

Definition: (Excused vs. Unexcused)

Excused

1. Medical – Doctor's note + Phone Call (make-up)
 2. Illness – Phone Call / Email Notification (make-up)
 3. Illness – Present at Practice (no make-up)
- Note: Must be in attendance at school 5 out of 8 periods (CHS & IMMS)
4. Death in family – Phone Call (no make-up)
 5. STAAR Related (no make-up)
 6. Family Emergencies + Phone Call (make-up)

Unexcused

1. Absences due to Vacation/Thanksgiving/Christmas /Spring Break
2. Illness – No contact
3. Absent from Practice

1. Football (CHS)

Excused – 10 Hills

- Medical – Doctor's Note + Contact w/ Coach (Before Missed Practice)
- Illness + Contact w/ Coach (Before Missed Practice)

Note: Illness + Presence at Practice (no make-up conditioning, Example: too sick to work out, but stays and watches his position and still learns)

Unexcused – 25 Hills

2. Football (IMMS)

Excused – Make-up conditioning from missed workout

- Medical – Doctor's Note + Contact w/ Coach (Before Missed Practice)
- Illness + Contact w/ Coach (Before Missed Practice)

Note: Illness + Presence at Practice (no make-up conditioning, Example: too sick to work out, but stays and watches his position and still learns)

Unexcused – 100 yards (yo-yo's). Goal Line – 5 yd. line → 10 yd. line, etc.

3. Volleyball (CHS & IMMS)

Excused – 15 min. circle drill + 20 serves in, 20 hits in, 50 wall passes consecutive.

Unexcused – 25 min. circle drill + 30 serves in, 30 hits in, 75 wall passes consecutive.

4. Cross Country (CHS B&G)

Excused – 8 Hills

Unexcused – 10 Hills and Must Sit Out Next Scheduled Meet

5. Cross Country (IMMS B&G)

Excused – 6 Hills

Unexcused – 8 Hills and Must Sit Out Next Scheduled Meet

6. Boys' Basketball (CHS)

Excused – 50 bleachers (up & down = 1)

Unexcused – 1st offense = 100 bleachers; suspended ½ of a game

2nd offense = 500 bleachers; suspended 1 game

3rd offense = Removal from the team

7. Boys' Basketball (IMMS)

Excused – 5 sets of lines (down & back) = 1)

Unexcused – 1st offense = 10 sets of lines (down & back) = 1)

2nd offense = 50 sets of lines (down & back) = 1); suspended 1 game

8. Girls' Basketball (CHS)

Excused:

- ✓ 25 Bleachers
 - 5 burpees
 - 1 down and back
- ✓ Right & Left hand 2 step layups (10 each hand)
 - 5 burpees
 - 1 down and back
- ✓ Elbow Shot (10 makes each side)
 - 5 burpees
 - 1 down and back
- ✓ Free-throws (10 makes)
 - 5 burpees
 - 1 down and back

Unexcused:

- ✓ 50 Bleachers
 - 5 burpees
 - 1 down and back
- ✓ Right & Left hand 2 step layups (10 each hand)
 - 10 burpees
 - 2 down and back
- ✓ Elbow Shot (10 makes each side)
 - 10 burpees
 - 3 down and back
- ✓ Free-throws (10 makes)
 - 10 burpees
 - 4 down and back

9. Girls' Basketball (IMMS)

Excused:

- ✓ 10 minute run in gym + 20 free-throws + x-out lay ups (10 right/ 10 left) + mikan drill (10 right/ 10 left)

Unexcused:

- ✓ 25 minute run in gym + 30 free-throws + x-out lay ups (20 right/ 20 left) + mikan drill (20 right/ 20 left)

10. Powerlifting (CHS B&G)

Excused – Make-up Workout + Practice for the day

Unexcused – Make-up Workout + Practice for the day + One Mile Run

11. Soccer (CHS-G)

Excused – Make-up Workout

Unexcused – Soccer Field Sectional Run

The soccer field is divided into six sections (midfield to corner, corner to corner, corner to midfield, midfield to corner, corner to corner, corner to midfield). The player sprints one section and walks the next. The player then sprints two sections and walks the next. The player then sprints three sections and walks the next. This is repeated until the player sprints six sections, or one full lap around the soccer field.

12. Soccer (CHS-B)

Excused: 2 - 240's (120 yd. sprint down & back); 60 – Russian twists w/ soccer ball; 2 – 240's (Dribbling w/ soccer all); 40 – Pushup's

Unexcused: 3 - 240's (120 yd. sprint down & back); 100 – Russian twists w/ soccer ball; 2 – 240's (Dribbling w/ soccer all); 60 – Pushup's

13. Softball

Excused – 2 Nolan's (4-1, 4-2, 4-3, 4-4) Using proper game technique

- ✓ 20 reps of everyday (grounder, forehand, backhand, drop steps, short/long)
- ✓ 100 swings (high/low tee, front toss, soft toss)

Unexcused – 4 Nolan's (4-1, 4-2, 4-3, 4-4) Using proper game technique

- ✓ 50 reps of everyday (grounder, forehand, backhand, drop steps, short/long)
- ✓ 200 swings (high/low tee, front toss, soft toss)

14. Baseball

Excused – 15 poles (right field – left field)

Unexcused – 25 poles (right field – left field)

15. Tennis (CHS B&G)

Excused – 10 sets of Run Shuffle Run on all 3 courts (down & back = 1)

Unexcused – 25 sets of Run Shuffle Run on all 3 courts timed (down & back = 1)

Quantity multiplies for repeat offenders (2 excused = 20 sets)

16. Track & Field (CHS & IMMS)

Excused – Make up the practice missed the next day, along with that day's work out.

Unexcused - Make up the practice missed the next day, along with that day's work out, AND 10 timed 200 meter dashes with 30 seconds rest under the supervision of a coach.

Note: More than two days missed in a week, the student-athlete will not be eligible for that week's track meet. Extenuating circumstances may exist and are grounds for coaches' review.

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IRMA MARSH MIDDLE SCHOOL

Parents/ Guardians – As with all programs at CISD, the coaching staff will always communicate with you and your child on ways of improving their fundamentals & skills, but the following will not be discussed:

- Playing Time
- Play Selection
- Personnel

November

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 7 th : 6:30-7:30 8 th : 3:45-5	17 7 th : 6:30-8:30 8 th : 3:45-5	18 7 th : 6:30-7:30 8 th : 3:45-5	19 7 th : 6:30-8:30 8 th : 3:45-5	20 7 th : 6:30-7:30 No 8 th Grade Practice due to Early Dismissal.	21
22	23	24	25	26	27	28
29	30 7 th : 6:30-8:30 8 th : 3:45-5					

December

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7 th : 6:30-7:30 8 th : 3:45-5	2 7 th : 6:30-8:30 8 th : 3:45-5	3 Game @ Highland	4 No Practice	5
6	7	8 7 th : 6:30-8:30 8 th : 3:45-5	9 7 th : 6:30-7:30 8 th : 3:45-5	10 Game vs Prairie Vista	11 No Practice	12
13	14 7 th : 6:30-8:30 8 th : 3:45-5	15 7 th : 6:30-7:30 8 th : 3:45-5	16 7 th : 6:30-8:30 8 th : 3:45-5	17 Game vs Argyle	18 No Practice	19
20	21	22	23	24	25	26
27	28 7 th and 8 th : 8-9:30	29 7 th and 8 th : 8-9:30	30	31		

January

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 7 th : 6:30-7:30 8 th : 3:45-5	5 7 th : 6:30-8:30 8 th : 3:45-5	6 7 th : 6:30-7:30 8 th : 3:45-5	7 Game @ Mineral Wells	8 No practice.	9
10	11 7 th : 6:30-8:30 8 th : 3:45-5	12 7 th : 6:30-7:30 8 th : 3:45-5	13 7 th : 6:30-8:30 8 th : 3:45-5	14 Game vs Springtown	15 No practice.	16
17	18	19 7 th : 6:30-7:30 8 th : 3:45-5	20 7 th : 6:30-8:30 8 th : 3:45-5	21 Game @ Marine Creek	22 No practice.	23
24	25 7 th : 6:30-7:30 8 th : 3:45-5	26 7 th : 6:30-8:30 8 th : 3:45-5	27 7 th : 6:30-7:30 8 th : 3:45-5	28 Game @ Azle Forte	29 No practice.	30
31						

February

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7 th : 6:30-8:30 8 th : 3:45-5	2 7 th : 6:30-7:30 8 th : 3:45-5	3 7 th : 6:30-8:30 8 th : 3:45-5	4 Game vs Azle	5 7 th : 6:30-8:30 8 th : 3:45-5	6
7	8 Game vs Lake Worth	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						



IRMA MARSH MIDDLE SCHOOL BOYS BASKETBALL SCHEDULE 2020-21



7TH & 8TH GRADE

DATE	DAY	GRADE	OPPONENT	LOCATION	TIME
December 3	Thursday	7th & 8th	Highland	Away	5:00 PM/ 6:15 PM
December 10	Thursday	7B/7A	Prairie Vista	CHS North Gym	5:00 PM/ 6:15 PM
December 10	Thursday	8B/8A	Prairie Vista	IMMS	5:00 PM/ 6:15 PM
December 14	Monday	7B/7A	Argyle	CHS North Gym	5:00 PM/ 6:15 PM
December 14	Monday	8B/8A	Argyle	IMMS	5:00 PM/ 6:15 PM
January 7	Thursday	7th & 8th	Mineral Wells	Away	5:00 PM/ 6:15 PM
January 14	Thursday	7B/7A	Springtown	CHS North Gym	5:00 PM/ 6:15 PM
January 14	Thursday	8B/8A	Springtown	IMMS	5:00 PM/ 6:15 PM
January 21	Thursday	7th & 8th	Marine Creek	Away	5:00 PM/ 6:15 PM
January 28	Thursday	7th & 8th	Azle Forte	Away	5:00 PM/ 6:15 PM
February 4	Thursday	7B/7A	Azle	IMMS	5:00 PM/ 6:15 PM
February 4	Thursday	8B/8A	Azle	CHS Competition Gym	5:00 PM/ 6:15 PM
February 8	Monday	7th & 8th	Lake Worth	Away	5:00 PM/ 6:15 PM

Coaches: 8th Grade: Brad Adams & Erik Akinnibosun
 7th Grade: Lance Canterbury & Aden Slay

Head Coach (CHS): Bart Beasley
Athletic Coordinator (IMMS): Everett White
Principal: Karelyn Roberts
Executive Director of Student Services: Lenny Lasher
Superintendent: Dr. John Ramos

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IRMA MARSH MIDDLE SCHOOL BOYS' BASKETBALL STUDENT-ATHLETE/ PARENT AGREEMENT AND CONSENT FORM

Player Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Boys' Basketball Student-Athlete/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Printed Name of Player	Signature of Player	Date
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Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Irma Marsh Middle School Boys' Basketball Student-Athlete/Parent Handbook**. As evidence by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules as set forth herein.

Name of Parent/Guardian (please print)	Relationship to Player
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Signature of Parent/Guardian	Date
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