

CASTLEBERRY POWERLIFTING



RAISING THE BAR ONE MORE TIME

CASTLEBERRY POWERLIFTING

PARENT/ATHLETE PACKET

2020 -2021



PROGRAM EXPECTATIONS

TRAIN HARD, COMPETE HARDER, BE SUCCESSFUL!!!

“NO ONE CAN MAKE YOU INFERIOR WITHOUT YOUR PERMISSION...” ELEANOR ROOSEVELT

Contact information:

Email: Paula Yoder: yoderp@castleberryisd.net Josh Wardlow: wardlowj1@castleberryisd.net

Practice begins at 6:15am, Monday – Thursday.

You are expected to attend every practice, unless arrangements are made with your coach prior to this.

You are expected to be trainable, respectable and in attendance daily.

You are not to leave practice without permission.

You are expected to complete each workout, each day unless cleared by the head coach or athletic trainer.

Missed practices are required to be made up:

*Excused missed practices include...Medical- doctor's note+ phone call

...Illness- phone call/email

...Illness- present at school

...Death in the family + phone call

...Family emergencies + phone call

*Unexcused missed practices include...Absences due to vacation/spring break

...Illness – no contact with coach

...Absent from practice/school

...Attendance school or other disciplinary action

Make ups—Excused Absence-make up missed practice+ the practice for the day

--Unexcused Absence-make up missed practice + the practice of the day and a mile run

****Note:** More than 2 days missed in a week, the student-athlete will not be eligible to participate in that week's powerlifting meet.

As with all CISD programs, the coaching staff will not discuss:

-- Event placement --Meet selection --Event personnel

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 HIGH SCHOOL Powerlifting Schedule



**TBD – Due to Covid-19 we are
in the process of scheduling
meets.**

DATE	DAY	LOCATION	TIME
March 3, 2021	TBD	Girls Regional Meet (Gainesville)	TBD
TBD	TBD	Boys Regional Meet (Kennedale)	TBD
March 19-20, 2021	Friday	Girls State Meet (Corpus)	TBD
March 27, 2021	Saturday	Boys State Meet (Abilene)	TBD

Head Girls Coach: Paula Yoder

Head Boys Coach: Josh Wardlow

Executive Director of Student Services: Lenny Lasher

Principal: Cathy Williams

Superintendent: Dr. John Ramos

CASTLEBERRY POWERLIFTING



RAISING THE BAR ONE MORE TIME

December 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	Nov 30th Practice	1 Practice	2 Practice	3 Practice	4	5
6	7 Practice	8 Practice	9 Practice	10 Practice	11	12
13	14 Practice	15 Practice	16 Practice	17 Practice	18	19
20	21 Christmas Break	22 Christmas Break	23 Christmas Break	24 Christmas Break	25 Christmas Break	26
27	28 Christmas Break	29 Christmas Break	30 Christmas Break	31 Christmas Break		

Notes

CHRISTMAS BREAK – 21st – Jan 1st

OPEN WEIGHTROOM DURING BREAK: December 21, 22, 28, 29, 30 from 8am-10am.

Practice Times: Monday – Thursday 6:15am to 7:15am **Morning practice resumes January 4th at 6:15am.

CASTLEBERRY POWERLIFTING



RAISING THE BAR ONE MORE TIME

January 2021

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
					1 Christmas Break	2
3	4 Practice	5 Practice	6 Practice	7 Practice	8	9
10	11 Practice	12 Practice	13 Practice	14 Practice	15	16
17	18 Practice	19 Practice	20 Practice	21 Practice	22	23
24	25 Practice	26 Practice	27 Practice	28 Practice	29	30
31						

Notes

Practice Times: Monday – Thursday 6:15am to 7:15am

CASTLEBERRY POWERLIFTING



RAISING THE BAR ONE MORE TIME

February 2021

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Practice	2 Practice	3 Practice	4 Practice	5	6
7	8 Practice	9 Practice	10 Practice	11 Practice	12	13
14	15 Practice	16 Practice	17 Practice	18 Practice	19	20
21	22 Practice	23 Practice	24 Practice	25 Practice	26	27
28						

Notes

Practice Times: Monday – Thursday 6:15am to 7:15am

CASTLEBERRY POWERLIFTING



RAISING THE BAR ONE MORE TIME

March 2021

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
	1 Practice	2 Practice	3 Practice	4 Practice	5	6
7	8 Practice	9 Practice	10 Practice	11 Practice	12	13
14	15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20
21	22	23	24	25	26	27
28	29	30	31			

Notes

Practice Times: Monday – Thursday 6:15am to 7:15am

Castleberry Independent School District

Department of Athletics

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



STANDARD REQUIREMENTS FOR LETTER JACKET RECIPIENTS (GRADES 9 - 12)

When determining letter jacket recipients, sponsors will observe the following standard requirements:

- 1) The student and parent/ guardian must sign the organization's extracurricular participation agreement.
- 2) The student must be considered a participant from the first until the final date of the season.
- 3) The student must remain academically eligible from the first until the final date of the season.
- 4) The student must demonstrate an attitude of commitment while exemplifying the philosophy of the organization.
- 5) The student must be recommended by the sponsor of the organization and approved by the principal and appropriate director.
- 6) Student letter jackets will be provided by the district for approved organizations. Students will receive only one jacket with one varsity letter during their high school career. An additional symbolic award will be presented to a student who earns an additional letter(s) by the corresponding organization. Additional patches will be the financial responsibility of the student.

In addition to the above standard requirements, the sponsor may request that additional requirements be identified for his/her program.

Organization	Dates	Additional Requirements
Football	Aug.-Oct	Play in a minimum of eight (8) quarters at the varsity level.
Cross Country	Aug.-Oct	Participate in three (3) varsity meets and the District Cross Country Meet.
Volleyball	Aug.-Oct	Participate in ten (10) games at the varsity level.
Basketball	Nov.-Feb.	Participate in ten (10) games at the varsity level.
Powerlifting	Dec.-Mar.	Earn 5 points in a season or Regional Qualifier/ or year participant in the program.
Soccer	Nov.-Mar.	Participate in seven (7) games at the varsity level.
Track	Feb.-May	Earn 10 points in the season or 1 point at the District Track Meet.
Baseball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings
Softball	Feb.-May	Compete in (innings) as total number of games. Example 28 games = 28 innings
Tennis	Feb.-April	Participate in two (2) varsity meets and the District Tennis Meet.
Golf	Feb.-April	Participate in two (2) varsity meets and the District Golf Meet.
Athletic Training	Aug.-May	Standard Requirements (see above).

DESCRIPTION OF AWARDS

GRADES 9-12

A participant school or member school district may give an award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in U.I.L. interschool competition. Each year a participant school or member school district may present additional awards, not to exceed \$10 each, for participation in each additional interschool organization.

The major award (\$70) presented to a student participating in the organization in grades 9-12 is a jacket with an attached 5" letter. This award will be presented to the student in the sport in which he/she first earns a letter. An additional symbolic award will be presented to a student who earns an additional letter/s. The additional award shall not be given to a student for an activity during the same school year that a major award is earned, if the total award exceeds \$70.

GRADES 7-8

A participant school may not give and a student may not accept awards for participation in interschool competition in excess of \$8 per year (total for all U.I.L. activities). A student may accept a symbolic award in recognition of his / her achievement in an interschool contest if it is given by the organization conducting the contest (all tournament awards, ribbons, plaques, and medals).

Individual certificates of achievement will be presented to students in grades 7 and 8 for each sport in which the student participates and fulfills the Standard Requirements for Award Recipients as identified in this section.

I have read the above information and consent to the responsibilities outlined in the Standard Requirements for Letter Jacket Recipients.

Student Signature

Date

Parent/ Guardian Signature

Date

Castleberry Independent School District

Department of Athletics

5001 Melbourne Road • Fort Worth, Texas 76114 • (817) 252-2071



CASTLEBERRY HIGH SCHOOL POWERLIFTING 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 **Castleberry High School Powerlifting 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

Parent Agreement and Consent

I have read, understand, and agree to the policies, procedures, and obligations set forth in the **Castleberry High School Powerlifting 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

Signature of Parent/Guardian

Date