



# Dr. Hector P. Garcia Middle School

14900 Kyle Seale Parkway San Antonio, Texas 78255  
P. 210-397-8400 F. 210-695-3830  
[www.nisd.net/garcia](http://www.nisd.net/garcia)

Robert Barrientes, Athletic Coord, Boys Head Coach  
Morgan Starling, Girls Head Coach

robert.barrientes@nisd.net  
morgan.starling@nisd.net

## Garcia M.S. Athletic Requirements

### Physical Exam:

- ALL athletes must complete a physical exam by a physician EVERY 2 YEARS.
- Must be completed on NISD athletic physical form.
- Must be turned in to Coach Barrientes

### Medical History:

- ALL athletes must complete medical history form YEARLY.
- Must be filled out by a parent completely, signed and returned.
- If you mark yes to any questions, you must explain why on form.

### RankOne Online Forms:

- All athletes must complete ALL 8 online forms YEARLY through RankOne.
- For clickable links go to the Garcia website: select **Extracurriculars**, then choose the **Athletics General Requirements** dropdown option and the Rank One link will be provided. Or click here - [Rank One Link](#)

### Asthma Action Plan\*:

- Only athletes with asthma must complete a yearly AAP before participating in athletics.
- Must turn in an extra inhaler to Coach Barrientes at the beginning of '24/25 school year.

## IMPORTANT INFORMATION

### SPORTSYOU: Download the SportsYou App

- All athletes are required to join the **24/25 Gladiator Boys Athletics** SportsYou page.
- **7th GRADE SportsYou Code: PTIZAS79**
- **8th GRADE SportsYou Code: GD5MK2XG**
- **DOWNLOAD SPORTSYOU APP.** ALL pertinent information will be sent via SportsYou.

### Athletic Uniform:

- All athletes must dress out properly in Garcia Athletics Shirt, P.E./Athletic Shorts, black/white socks, and athletic shoes.
- Athletic Shirts and Shorts are \$10 each and will be sold at Market Day and first week of school.

### Sports Seasons:

- Football: August-November
- Cross Country: August-October
- Basketball: November-February
- Tennis: January-February
- Track: February-March
- Golf: March-May
- Soccer: April-May

### Athletic Lockers:

- Each athlete will be given a locker in the locker room with a combination lock at the beginning of the school year.
- All students are responsible for their valuables and making sure the locker is secured.

### Market Day:

- Tentative Date: TBD in August

You will be able to purchase athletic shirts, PE/Athletic shorts, and spirit shirts from the previous year. Limit to 3 complete sets of uniforms to ensure we have enough for all to get a set.

### High School Summer Camps:

- All camp information and sign up links for Brandeis and O'Connor summer camps will be posted to 24/25 Gladiator Boys Athletics SportsYou Page



NORTHSIDE INDEPENDENT SCHOOL DISTRICT

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Date: \_\_\_\_\_

Gladiator Parents,

Your Son, \_\_\_\_\_ S# \_\_\_\_\_, is enrolled in the 7th or 8th grade boys' athletic period for the 2024/25 school year. We are so excited to get to work with all our athletes in the upcoming school year. Below you will find the requirements needed for your athlete to remain in the athletic period or be eligible to try out for a sports team.

### NISD Athletic Requirements:

- **Physical Exam** by a physician every 2 years.
- **Medical History Form** updated **YEARLY**.
- **RankOne Online Forms** completed **YEARLY**.
- **Asthma Action Plan\*** for athletes with asthma updated yearly.

If all required paperwork is not completed/turned in the first week of the 24/25 school year, the athlete will be removed from the athletic period and placed in a PE class.

Please initial below that all have been completed/turned in to Coach Barrientes:

- \_\_\_\_\_ NISD Physical Exam Form[only needed if not completed for 23/24 school year]  
When Physical will be completed: \_\_\_\_\_
- \_\_\_\_\_ NISD 2024/25 Medical History Form
- \_\_\_\_\_ RankOne Online Forms completed [Do not need to be printed]
- \_\_\_\_\_ Join 24/25 Gladiator Boys Athletics SportsYou Page

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Athlete Signature

We appreciate your efforts in completing the required paperwork and look forward to working with your athlete in the upcoming school year! If you have any questions, please feel free to contact any of the boys coaching staff. Go Gladiators!

*Coach Barrientes*