

September 3, 2020

Welcome Back IMS Charger Athletes and Families,

On September 8th, Inverness Middle school will host the tryout process for all Fall sports teams (Cheerleading, Cross Country, Football, Golf, and Volleyball). Seventh and Eighth grade student-athletes can try-out for any of our sports offerings. Sixth grade students can participate in Golf and Cross Country (offered during our Fall season), Boys tennis, and Track and Field.

All of our athletes must have a completed physical form, copy of insurance card and birth certificate, complete all three videos (Concussion, Heat Related Illness, and Sudden Cardiac Arrest), and sign the COVID 19 Release Form. All of this material should be sent to Ms. Holly Reynolds in Student Services for approval. Below is the information needed to complete the videos:

Course Ordering

Step 1: Go to www.nfhslearn.com

Step 2: "Sign In" to your account using the email address and password you provided at time of registering for an nfhslearn.com account

OR

If you do not have an account, "register" for an account

Step 3: Click "Courses" at the top of the page

Step 4: Scroll down to the specific course from list of courses

Step 5: Click "View Course"

Step 6: Click "Order Course"

Step 7: Select "Myself" if the course will be completed by you

Step 8: Click "continue" and follow the on-screen prompts to finish the checkout process (Note: there is no fee for the courses)

Beginning Course

Step 1: Go to www.nfhslearn.com

Step 2: "Sign In" to your account using the email address and password you provided at time of registering for an nfhslearn account

Step 3: From your "Dashboard", click "My Courses"

Step 4: "Begin Course" on the course you would like to take

******All sport teams, except Golf, will report to the Cafeteria directly after school for the Super Snack Program. Coaches will facilitate taking attendance and doing temperature checks before taking their teams to their practice site.******

Football: Tryouts will be September 8th, 9th, and 10th. Practices are Monday through Friday from 3:00-5:00 p.m. Please pick-up players promptly beginning at 5:00 p.m. Please make sure the athletes have cleats, shorts, shirt, and a clear water bottle with their name on it. Head coach RJ Pollard will announce the team members after completion of tryouts.

Cross Country: Open to male and female athletes in all grades, practices will be held on campus from 2:30-4:30. Pickup for athletes will be promptly at 4:30 p.m. All athletes should have running shoes, shorts, shirt, and a clear water bottle for each practice. Hats and sunglasses are optional. Please, no listening/music devices during practice. Coaches Ben Davis, Brianne Barten, and Amanda Sellers will coach the boy's and girl's teams.

Cheerleading: Tryouts will begin September 15th and run through final selections on Friday the 18th. Practices on the 15th, 16th, and 17th tryout will be from 2:45-4:30 p.m. Friday's tryout will start at regular time but parents need to be on standby from 3 p.m. on as different groups will be trying out then released. All prospective cheerleaders should wear shorts and shirt, with sneakers, and hair in a pigtail for tryouts. Please bring a clear water bottle with student's name on it. Mrs. Jonaitis will announce her team after tryouts have been completed.

Golf: The golf team will meet in the media center on September 8th to meet with Ms. Dewese and Mr. Hines. Team practices will be Monday through Thursday from 3:00-5:00 p.m. at the Inverness Golf and Country club. You must drop your golf clubs off at the IGCC where they will be stored for practice. All athletes should

have sneakers on the course (or golf shoes if you have them) and bring a clear water bottle with their name on it. Pick-up for practice will be at the IGCC at 5:00 p.m. daily. Coaches Jen DeWeese and Jason Hines will facilitate all practices and matches.

Volleyball: Tryouts for volleyball will begin on September 8th. Seventh grade girls will try-out Tuesday and Thursday from 2:30-4:00 p.m. and eighth grade girls will try-out Wednesday and Friday from 2:30-4:00 p.m. All players will need shorts, knee pads, shirt, sneakers, and a clear water bottle with their name on it. Pickup from practice will be at 4:30 p.m. Coaches Rachel Albrect and Edith Parker-Phillips will be your coaches