

Welcome to Dahlstrom Girls Athletics

Greeting all,

I am Coach Brysch, Dahlstrom Girls' Athletic Coordinator. Me and my coaching staff are excited about the new year and look forward to working with you and your daughter(s). We understand the importance of coaching middle school students and the growth these young ladies experience. We take pride in our program and all the opportunities and challenges it provides. We encourage our student athletes to be involved in as many activities they can balance along with their academic responsibilities. Communication is vital. We intend to make this a positive experience for all as we help prepare them for life, health and wellness and current/future athletic goals. We are the gateway to HS athletic programs and will prepare them to the best of our abilities.

Please take note about enrollment in Athletics:

- Texas State Law requires 2 years of Physical Education, Athletics, or Dance in your child's Middle School years (6th -8th Grade).
- Students enrolled in an athletics class period are expected to wear an athletic uniform and complete all documents required of them (Pre-Participation Physical Evaluation, RankOne online forms, etc.).
- If your 6th grade child is interested in trying out for sports in 7th grade, it is encouraged that she enroll in Physical Education her 6th grade year.
- Athletics is immensely different from our Physical Education classes. Physical and mental conditioning is conducted on a daily basis, student athletes are held to higher expectations/responsibilities, and our program is highly competitive. Athletics is not social hour, it is time to focus on their self, improving their athletic abilities, sportsmanship, follow dress expectations, balance of academics and extracurricular activities, and encouragement of others. Our coaching staff works diligently to help prepare your daughter with the fundamentals of sports, strength and conditioning. Please reinforce this with your daughter(s).
- Tryouts will be conducted the first days of each sport in season. If your child does not make a team they will participate in Off-Season until the next sport in season.
- If your child is interested in trying out for Volleyball, Basketball, and Track and Field then they must be enrolled in the athletic period. Practices are conducted during the class period. If your child is not interested in participating in any of these sports then they should be enrolled in a Physical Education class or a Dance class.
- If your child is interested in Soccer or Tennis they do not have to be enrolled in the athletic period. These sports are after school. (Student will be enrolled in Physical Education class or a Dance class)
- If your child is in Cheer they are not required to be in the athletic period. (Student will be enrolled in Physical Education or Dance class period)
- If your child participates in non-Dahlstrom activities (Club volleyball, Club Soccer, etc.) it is an expectation that Dahlstrom Athletic events take top priority. If you notice a conflict contact your child's coach immediately.

Our Dahlstrom Girls Athletic Program is highly accomplished because of our high expectations and the incredible work ethic of our student athletes, parental/family involvement, coaches, faculty/staff, and our administration. This web of support is invaluable. Dahlstrom Athletics has been building competitors since 1985 and will continue this task nobly.

Thank you,

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