



Oxford Middle School **Fall 2019-20** Sports Information

Notes	Sport	Coach/Contact Information	Parent Meeting	Practice Schedule	Equipment Needed
All 6 th , 7 th & 8 th grade boys and girls are welcome to run.	Cross Country (6 th , 7 th , 8 th grade) 	Brian Droblich drobnichb@gmail.com Jason Cady Jason.Cady@oxfordschools.org Sign up for notifications: text @omsxc2019 to 81010	Monday, August 5 7pm OMS Football/Track Stadium	*Please see practice information on Remind*	<ul style="list-style-type: none"> ● Moisture-Wicking Clothing ● Watch ● Running Shoes ● Large Full Water Bottle
6 th Graders <u>weighing over 145 lbs.</u> are welcome to play.	Football (7 th and 8 th grade) 	Jeff Bull jeff.bull@oxfordschool.org		Monday: 8/19 through Thursday: 8/22 Captains' Agility Workouts 3:00 – 4:00pm <hr/> First Week of School: 8/26 through 8/29 M-Th: 3:15 – 5:15pm <hr/> *Practices will take place at the OMS football field	<ul style="list-style-type: none"> ● Girdle Pad w/ knee pads-\$35 ● Shoes-\$50 ● Chin Strap-\$20 ● Gloves ● Mouthguard ● Sweatshirt
All 7 th & 8 th grade girls are welcome to try-out.	Girls Basketball (7 th and 8 th grade) 	Rachel Bryer Rachel.bryer@oxfordschools.org		Monday: 8/26 Open Gym Tuesday: 8/27 Open Gym Wednesday: 8/28 Tryouts Thursday: 8/29 Tryouts <hr/> *Practices will run from 3:00 - 5:00 pm in the OMS Gym	<ul style="list-style-type: none"> ● Basketball Shoes ● Practice Attire

* All OMS students who wish to try-out for any athletic team **must** have a completed physical (dated after April 15, 2019) **uploaded to your students Appryse account** before their **first** practice/try-out session*

APPRYSE – <https://app.appryse.com/enroll/ayudsc25> **Download the APPRYSE physical form BEFORE you go to your doctor appointment!**