


# 2022 DMS Athletics Meeting- 9<sup>th</sup> Grade



## All Athletes

- 1. Performance Course (PC)- QR Code to Access Oklahoma Registration Website**
  - a. Durant ISD will be having Performance Course (*a comprehensive summer strength & conditioning program*) for female athletes entering grades 6-12 again this summer. It is highly important for you to participate so that you can learn the skills and proper techniques in the weightroom necessary to maximize your potential as an athlete.
    - **PC IS MANDATORY FOR HIGH SCHOOL SOFTBALL PLAYERS.**
    - **Cost is \$100.00 per student athlete.**
    - **Mondays-Thursdays 11:00am-12:15pm AND Fridays from 8:00-9:15am, May 31<sup>st</sup>-July 22<sup>nd</sup>, excluding the week of July 4<sup>th</sup>-8<sup>th</sup> as ALL school activities and facilities will be shut down Sunday-Sunday of that week.**
- 2. Fall Only Athletes (Softball, Cross Country)**
  - a. You need to participate in track, tennis, golf, or soccer so that you can keep competing in the winter/spring.
  - b. If you are in a traditional sport year round you still need to be strength training (*lifting, explosion, balance, & flexibility work*) at least 2 days per week.
- 3. Winter/Spring Only Athletes (Basketball, Wrestling, Soccer, Track, Tennis, Golf, Powerlifting)**
  - a. You need to be in Cross Country or Girls Off Season so that you can stay in shape for your sport.

## DHS Softball Players- Fall 2022

- 1. Mandatory HS Player/Parent Pre-Season Softball Meeting for Incoming 9th - 12th.**
  - a. Monday, May 2 @ 5:30pm in the DHS Lecture Hall. (next to library)
  - b. Informational meeting to let players and parents know the expectations of being a Durant High School Lady Lions softball player.  
**★Freshman/New Parent AND player attendance is mandatory for those planning to play in the summer/fall 2022 season.★**
- 2. Durant High School Softball Remind**
  - a. Primary means of coach communication w/ players & parents. 
- 3. Durant Youth Softball Camp**
  - a. May 9<sup>th</sup> & May 10<sup>th</sup> @ DHS Indoor; 4:00-6:45 pm
  - b. Incoming 4<sup>th</sup>-8<sup>th</sup> participating.
  - c. Incoming 9<sup>th</sup>-12<sup>th</sup> players coaching.

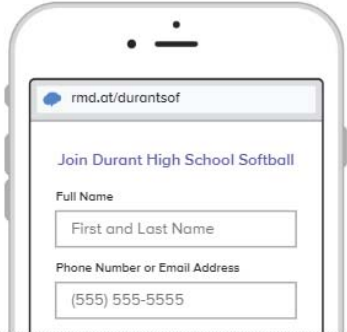
Pick a way to receive messages for Durant High School Softball:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/durantsof](http://rmd.at/durantsof)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.




**B** If you don't have a smartphone, get text notifications.

Text the message @durantsof to the number 81010.

If you're having trouble with 81010, try texting @durantsof to (580) 215-0260.

\* Standard text message rates apply.



Don't have a mobile phone? Go to [rmd.at/durantsof](http://rmd.at/durantsof) on a desktop computer to sign up for email notifications.