

2022 DMS Female Athlete Information- 7th & 8th



All Athletes

1. **Entering 6th-12th Grade- Performance Course (PC)- QR Code to Access OK Registration**
 - a. Durant ISD will be having Performance Course (*a comprehensive summer strength & conditioning program*) for girls entering grades 6-12 again this summer. It is important for you to participate so that you can learn the skills and proper technique in the weightroom necessary to maximize your potential as an athlete.
 - **Cost is \$100.00 per student athlete.**
 - **Mondays-Thursdays, 11:00am-12:15pm AND Fridays, 8:00-9:15am, May 31st-July 22nd, excluding the week of July 4th-8th as ALL SCHOOL ACTIVITIES AND FACILITIES will be shut down Sunday-Sunday of that week,**

DMS Softball Players- Fall 2022

Softball Players Entering 7th & 8th Grade

1. **DMS SOFTBALL REMIND**: Digital updates and communication between coaches and families over the summer and fall.
 - ★ **YOU WILL MISS IMPORTANT INFORMATION AND DATES IF YOUR FAMILY DOES NOT SIGN UP BEFORE THE START OF SUMMER.**★

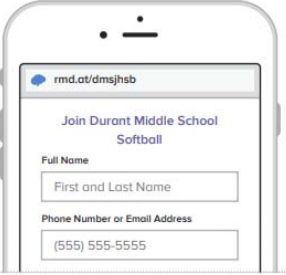
Pick a way to receive messages for Durant Middle School Softball:

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/dmsjhsb

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 @dmsjhsb to the number 81010.

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

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/dmsjhsb on a desktop computer to sign up for email notifications.

2. 2022 DURANT JH SUMMER SOFTBALL LEAGUE

- a. June 7th, 14th, 21st, & 28th @ DHS Softball Fields.
 - ★ **YOU MUST HAVE A COMPLETED PHYSICAL PACKET ON FILE WITH COACH LITTLE OR FINCHER PRIOR TO PLAYING IN ANY GAMES.**★
- b. Rough outline of times on the following page. Games still TBD.
- c. We will have two Durant JH Teams, one each for incoming 7th and 8th graders.
- d. If you are signed up for Performance Course, I expect you to still attend unless you are actively playing a game at the designated workout time.

3. ★MANDATORY DMS TEAM PRACTICES START JULY 15th. TIME & LOCATION-TBD★

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Week 1, June 7th

Time	Field 1- Game	Field 2- Practice
9:30am		
10:45am		
12:00pm		
1:15pm		
2:30pm		

Week 2, June 14th

Time	Field 1- Game	Field 2- Practice
9:30am		
10:45am		
12:00pm		
1:15pm		
2:30pm		

Week 3, June 21st

Time	Field 1- Game	Field 2- Practice
9:30am		
10:45am		
12:00pm		
1:15pm		
2:30pm		

Week 4, June 28th

Time	Field 1- Game	Field 2- Practice
9:30am		
10:45am		
12:00pm		
1:15pm		
2:30pm		