

Aledo ISD Athletic High School Back-To-School Information

9th and High School

- All student-athletes who have chosen in-person learning will report to his/her sport on the day he/she is in school.
- Student-athletes who have chosen remote learning will be allowed to participate in athletics. These student-athletes need to contact the coach to let him/her know that they want to participate. The individual coach will contact the player/parent to provide information about equipment and practice. Parents will be responsible for transportation of their student-athlete to and from practice.
- Specific drop-off and pick-up times will be provided by the coach. There will be no loitering before or after practice.

Cross Country: Practice will start Monday, August 3. Please contact Coach Mike Pinkerton (mpinkerton@aledoisd.org) if you have any questions. To get on the cross country remind text @h6dgk9e to 81010.

Football: Contact Coach Tim Buchanan (tbuchanan@aledoisd.org) for any questions.

Varsity/JV/Freshmen Strength/Conditioning and Football Skills Practice Schedule:

Week of August 3rd – 6th

Monday/Wednesday

Varsity Strength/Conditioning	6:45 am – 7:25 am
Varsity Football Skills Practice	7:30 am – 9:00 am
JV/9th Strength/Conditioning	7:45 am – 8:30 am

Tuesday/Thursday

JV/9th Strength/Conditioning	6:45 am – 7:25 am
JV/9th FB Skills Practice	7:30 am – 9:00 am
Varsity Strength/Conditioning	7:45 am – 9:00 am

August 10th – 13th

Monday - Thursday

Varsity Strength/Conditioning	6:45 – 7:45
JV/9th Strength/Conditioning	7:00 – 7:55

August 17th & 18th

Monday - Tuesday

Varsity Strength/Conditioning	6:45 – 7:45
JV/Fresh Strength/Conditioning	7:00 – 7:55

August 19 – Sept 3

Monday – Thursday (No Friday workouts)

Varsity/JV S/C & FB Practice
Freshmen S/C & FB Practice

6:55 am – 9:30 am
3:00 pm – 5:00 pm

Golf: The first week of school golf athletes will report to Coach James Mullins classroom (Room 201 in the High School). Here is the link to the golf Group Me account https://web.groupme.com/join_group/53507691/TgOgRXV7. For questions about girls golf, please contact Coach Mullins (jmullins@aledoisd.org) and for boys golf contact Coach Joe Roquemore (jroquemore@aledoisd.org).

Tennis: Please contact Coach Christina Long (clong@aledoisd.org) for any questions about tennis.

Swimming: Swimming will begin September 7. Please join the swim Remind by texting @aledoswim to 81010. E-mail Coach Tif Williams (twilliams@aledoisd.org) for more information.

Volleyball: Please contact Coach Claire Gay (cgay@aledoisd.org) for any volleyball questions. Girls will continue to meet doing weight training and skills practice during August.

Winter and spring sport athletes will need to coordinate with the coach of that sport about practice schedules.

Boys Basketball	Coach JD Robinson	jdrobinson@aledoisd.org
Girls Basketball	Coach Nikki Hyles	nhyles@aledoisd.org
Boys Soccer	Coach Derek Vierling	dvierling@aledoisd.org
Girls Soccer	Coach Bryan Johnson	bjohnson@aledoisd.org
Baseball	Coach Chad Barry	cbarry@aledoisd.org
Softball	Coach Heather Myers	homyers@aledoisd.org