General Information

• Coaches – Coach Cabell (scabell@houstonisd.org) and Coach Saldana (Fabian.Saldana@houstonisd.org)

• This year, Lanier will have one mixed 7th and 8th grade team.

• Practices will begin January 4th

• Our first game will be January 21st

• Our season will end at the end of February.

• More details on our schedule in January.
Paperwork

• All required paperwork is accessible through the Lanier Athletics webpage. [https://www.houstonisd.org/domain/6264](https://www.houstonisd.org/domain/6264)

• New physicals are required for all athletes.

• Athletic paperwork is to be completed online at [www.registermyathlete.com](http://www.registermyathlete.com)

• An athlete may not participate until all athletic paperwork is complete and we have received clearance.

• If you choose to purchase insurance through HISD, the cost is $35 and can be paid through school pay, cash, or money orders. However no personal checks will be accepted.

• Once you have completed the paperwork for one UIL sport, you are also approved to participate in other UIL sports later in the year.
Equipment

- Once a player has been cleared through Register My Athlete. All players must have 5 days of conditioning before they can receive their helmets.

- The district supplies helmets and this year we will have full face shields as extra COVID protection. We cannot use anything other than HISD helmets.

- Lanier supplies game jerseys and game pants so we are matching on Game Days.

- We also supply shoulder pads, practice pants, practice jerseys and all the necessary interior pads. Parents or player that have their own may use their own after an examination by a coach for safety. Cleats would be the only items to buy.

- It is not necessary to buy your own. We have enough for each player.

- One of our Lanier traditions is to offer team gear (t-shirt / sweatshirt) for purchase. These are optional and we usually can keep the cost to under $40 for both.
Practices

- Monday – Wednesday from 4:15 – 6pm.
- Thursday is Game Day. Games are either 5:15 or 7:15 at one of the HISD district stadiums.
- Friday (Optional Day) 4:15 – 5:00pm (weight room, technical drills, conditioning). If you choose not to attend, use that time to rest and recover from last night’s game.
Game Days

- Thursday is Game Day
- Make sure you have everything you need (jerseys, pants, equipment.
- Ride the bus to game
- Play smart and give max effort
- Ride back to Lanier
- Sanitize and store equipment
Playing time & Positions

• We welcome any player into the Lanier football program.

• Playing time is earned by attending & performance in practice and games.

• We will take players’ experience in certain positions, but Coaches will have the final determination of what positions a player will play during the season to best help the team.
Buses (Game Day)

- On Game Days, buses will travel from Lanier to the stadiums and back to Lanier.
- Parents will pick up their student at the Lanier Campus in the Teachers Parking Lot.
- This year we will have at least one extra bus to maintain our social distance during our travels.
COVID-19 Protocols

• Temperatures will be taken before practices and before game day. Masks are to be worn on the sidelines but not during on the field play. Coaches will wear masks at all times.

• We will have limited locker room access and will have a sanitization process for equipment.

• Parents and fans will not be allowed on campus for practice, but they will be allowed at games at our stadiums. Tickets will be available for purchase online prior to the game and no tickets will be sold at the stadium.
What do I need to do next?

• All in and ready to go!

1. Get your physical completed (on the HISD form)
2. Complete your paperwork online (including uploading your physical and insurance information [www.registermyathlete.com](http://www.registermyathlete.com))
3. Get moving over the holiday break. (Throw the football around, start running, watch games and watch the positions you want to play)
4. If your paperwork is cleared, January 4th will be our first practice of the year
5. Attend practice, work hard and prepare for our first game January 21st.
Questions?

- Email Coach Cabell (scabell@houstonisd.org) and Coach Saldana (Fabian.Saldana@houstonisd.org)
- Send us a message on the Lanier Football Teams Page. Don’t forget to @ us so it sends us an alert.
- Sign up for the 2021 Lanier Football Remind notifications Class Code @21lmsfball or https://www.remind.com/join/21lmsfball