



2026 Junior High Athletic Information

Summer/Fall Sports

When: August 8th: 10 am - Noon (Assign Football Equipment/Lockers)
August 11th and Moving Forward: Football 6:45 am M-F
August 11th and Moving Forward: Volleyball until 4:30 pm M-W-F;
until 5:00 pm T-TH
August 11th and Moving Forward: Boys Cross Country -
After School - 5 pm M-F (on non Football gamedays)
August 11th and Moving Forward: Girls Cross Country -
6:45 am until 7:15 am; M-F

*Football and Girls Cross Country Drop-offs: 6:30 am; Volleyball
Pick-ups: 4:30 - 4:45 pm; Boys Cross Country Pick-ups: 5:00 - 5:15 pm

Where: Football Drop-off: Elementary Campus; Volleyball and Boys
Cross Country Pick-Up Secondary Campus; Girls Cross Country
Drop-off Secondary Campus

Who: Cross Country, Football, and Volleyball Players

What to bring: Players will need to bring football cleats, athletic
shoes and/or running shoes. Cleats and shoes must be of school
colors (blue, black, grey or white). Any missing athletic paperwork
must be completed before practicing.

Reminder: Athletic Parent Meeting will be held at 6 pm on July 24th.

Questions: Contact Coach Rinderknecht @ krinderknecht@couplandisd.org