Welcome to Vista Ridge Athletics and PE Programs!

**Unified PE** – for 7th – 8th graders – Physicals are NOT required. Clothing is NOT required. Students will come to the gym during the class period and will participate in various physical activities with students with disabilities. They will not change clothes or be issued a locker.

**Regular PE** for 6th – 8th graders – Physicals are NOT required. Clothing is NOT required. Students will come to the gym during the class period designated on their schedule for PE and will participate in various physical activities. They will not change clothes or be issued a locker.

**6th Grade Pre-Athletics** for 6th graders only – Physicals are NOT required. Athletic clothing of your choice IS required. T-shirts and shorts must be school appropriate. School colors (black, yellow, gray or white) are encouraged but not mandatory. Athletic shoes are required as well. They do not have to be brand new, but rather something that can be worn inside and outside and are comfortable to run in and move around in while being safe. Students will be issued a locker with a built in lock so you do NOT need to purchase a lock.

**7th Grade Athletics** – Physicals are required. You may scan them to Kelly.Vandewalker@kellerisd.net or turn a copy into the front office. We must a physical on file along with the online electronic forms before your daughter can participate in any activities.

VRMS Website: <https://www.kellerisd.net/Page/1539> - All announcements/information will be posted here.

Clothing is required. You may purchase clothing from our online store. Here is the link:

[www.agreatideaonline.com/vrmsgirls](http://www.agreatideaonline.com/vrmsgirls) The store is open from May 1 - May 15 with a delivery before school is out. It will reopen June 1- July 31 for a delivery the first week of school. It will also be open the month of August with a delivery sometime in September.

This purchase is not mandatory but strongly encouraged. You may buy numerous sets to fit your laundry routine if you desire. This design will also be used next year so if your daughter plans to be in athletics her 8th grader year, think of it as an investment. If you choose not to purchase from the store, school colors are requested and must be school appropriate.

Lockers will be issued. They have a built in lock so no need to purchase a combination lock.

**8th Grade Athletics** – Physicals are required. You may scan them to Kelly.Vandewalker@kellerisd.net or turn a copy into the front office. We must a physical on file along with the online electronic forms before your daughter can participate in any activities.

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