

Intramural Program

Includes all grades 6, 7, and 8: Boys and Girls

Volleyball

Starts: September 8th

Ends: mid November

Days: Wednesday & Thursday

Sponsor: Mr. McEvoy

Flag-Football

Starts: September 7th

Ends: late November

Days: 6th grader = Tuesday

7th & 8th grade = Wednesdays

Sponsor: Mr. Broughman

Weight Training

Age appropriate weight training & cardiovascular work outs

Starts: January 4th

Ends: early March

Days: Tuesday, Wednesday, & Thursday

Except when there is a basketball game

Sponsor: Mr. MacKay

Golf

Starts: mid March

Ends: late May

Days: Tuesday, Wednesday, & Thursday

Sponsor: Mrs. Miller

Indoor Basketball

Basketball games, drills, practice and activities

Starts: early March

Ends: late May

Days: Tuesday, Wednesday, & Thursday

Sponsor: Mr. Cratsley

**PARENT PERMISSION FORM NEEDED TO
PARTICIPATE!**