

MCHENRY MIDDLE SCHOOL ATHLETICS

6th grade athletic opportunities 2018-2019

VOLLEYBALL (D15 Intramural League)

This is a non-cut activity. The athletes will play several games against Parkland. The goal for the 6th grade is to increase basic skills, have fun and opportunity for activities. Season starts in Sept. **NO COST**

Several practices and games may take place on Saturday's.

CROSS-COUNTRY

Our cross-country program is split up into girls and boys. It is then split up into 6/7th and 8th grade levels. The distance that an athlete will run in a meet will vary from 1.5 to 2.0 miles. Self-motivation, team unity and improving weekly are some of the goals that the program pursues. The runners will compete in 5 – 7 regular meets. The runners will also have the opportunity to run in the Conference Championship Meet and the

Illinois Elementary State Association(Sectional/State). **Cost: \$75.00**

Season starts in August and runs until the middle of October.

GOLF

This is a non-cut activity. The students will have an opportunity to learn and practice the basics of golf. There will be try-outs for competition in state series (new). The final event will be a 9 hole round of golf at local golf course using proper rules and etiquette on course - on a Saturday(tentative). Activity starts in August thru September. Minimal costs

DANCE/POMS

This activity will be a non-cut activity. The students will learn dance moves/routines. The students will perform 1 - 2 times during the season. The season will be run from January thru early March.

GIRLS AND BOYS BASKETBALL (D15 Intramural League)

This is a non-cut activity. The athletes will play several games against MMS teams and Parkland. The goal for the 6th grade is to increase basic skills, have fun and opportunity for activities.

Boys' season starts in October and Girls' starts in January. **No Cost** Several practices and games may take place on Saturday's.

WRESTLING

The wrestling program is for 6th, 7th and 8th grade students. They compete as one team. Our program stresses safety while offering the opportunity to achieve the goal of improving as a wrestler. The wrestlers work on general conditioning and the basic moves that a wrestler needs while trying to improve. The wrestlers will compete in the conference schedule, the Conference Championship Meet and the Illinois Elementary State Association series (Regional, Sectional & State). Each meet has a "**Varsity**" team line-up and the opportunity for "**exhibition**" matches (these are for improvement of skills and opportunity to participate). **Cost: \$75.00**

Season starts in December or early January, until the middle of March.

TRACK AND FIELD

Our Track & Field program is for 6th, 7th and 8th grade girls and boys. The teams are split into 6th, 7th and 8th grade levels. Some of goals of the coaching staff are that as an individual you work hard, improve weekly and have fun.

The kids select events they want to learn and participate in. The season will have the conference schedule, the Conference Championship Meet, and the Illinois Elementary State Association series (Sectional & State meets).

Cost: \$75.00 Season starts middle of March until Middle of May.

PRIOR TO FIRST PRACTICE YOU MUST HAVE THESE TURNED IN:

1. CURRENT PHYSICAL (WITHIN ONE (1) YEAR) ON FILE WITH THE SCHOOL HEALTH PROFESSIONAL
(must be valid entire season: Cross-Country; Golf State Series only; Wrestling; Track & Field)
2. CURRENT SCHOOL DISTRICT ATHLETIC PERMISSION SLIP/STUDENT-PARENT HANDBOOK ON FILE WITH ATHLETIC DIRECTOR. ***NEW 2018-2019 - Parents can sign this online via Skyward***

YOU WILL NOT BE ABLE TO START PRACTICE WITHOUT ABOVE COMPLETED. (5/5/18)