

Sports Descriptions for 7th and 8th grade students at McHenry Middle School - 2018/19

GIRLS VOLLEYBALL - 7th and 8th grade

Our volleyball program has two separate teams. Full conference schedule and an end of season conference tournament. 7th grade will be working on the basic skills with an emphasis on learning offensive and defensive strategies. 8th grade will continue the basics, but will stress strategies with offense and defense. Season starts in August and runs through middle of October. **Cost \$90.00**

CROSS-COUNTRY - 6/7th and 8th grade levels

Our cross-country program is split up into girls and boys. The distance that an athlete will run in a meet will vary from 1.5 to 2.0 miles. The runners are not pressured into running more than they can handle. 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 have the opportunity to run in the Conference Championship Meet and the Illinois Elementary State Association series (Sectional & State). Season starts in August and runs until the middle of October. **Cost \$75.00**

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 (tentative). Starts in August thru October. Minimal costs

GIRLS AND BOYS BASKETBALL - 7th and 8th grade

A full conference schedule and an end of season conference tournament. 7th grade will be working on the basic skills with an emphasis on learning offensive and defensive strategies. 8th grade will continue the basics, but will stress strategies with offense and defense. Boys' season runs from October until the middle of December. Girls' season runs from late Dec until the middle of March. **Cost \$90.00**

WRESTLING - 6th, 7th and 8th grade

Our program stresses safety while offering the opportunity to achieve the goal of improving as a wrestler. The wrestlers work on 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). Season starts mid December until the middle of March. **Cost \$75.00**

TRACK AND FIELD - 6th, 7th and 8th grade

Our Track & Field program is for 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 and coaches 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). The season runs from the middle of March until Middle of May. **Cost \$75.00**

GIRLS CHEERLEADING AND DANCE - 7th and 8th grade

Our cheerleading and dance programs have separate coaches and try-outs. The girls have an opportunity to provide support for the boy's basketball program, enhance school spirit, as well as show off their athletic abilities. The main goals of the coaches are that the girls become confident working in front of a crowd and working together. The girls often create their own cheers and dance routines. **Cost \$75.00**

District Intramural Program

7/8th girls and boys volleyball; 7/8th girls and boys basketball. Some Saturday games. NO COST

PRIOR TO TRY-OUTS OR 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)
2. SCHOOL DISTRICT ATHLETIC PERMISSION SLIP/STUDENT-PARENT ATHLETIC HANDBOOK ON FILE WITH ATHLETIC DIRECTOR. ***NEW 2018-2019 - Parents can sign this online via Skyward***

Start and or Try-out Dates for 2018-19 (Dates are tentative)

Girls Volleyball: 7th & 8th grade	Try-outs: Aug 21st & 22nd (2:30-4)
Girls/Boys District Intramural VB League; 6th-8th; girls/boys: Aug 28th	
Cross-Country: 6th - 8th Grade	Aug. 21st
Golf Club: 6th - 8th Grade	Aug. 24th Club; Try-outs for State Series Aug 7th (contact Mr. Schweitzer for Try-outs)
Soccer Club	Fall: Sept/Oct; Spring: April/May
Dance: 7th & 8th (6th grade dance – Jan ?)	Clinic: Oct 16th (2:30-4) Try-out: Oct 17th (2:30-4)
Boys' Basketball: 7 & 8th grade	Try-outs: Oct 10th & 11th (2:30-4)
District Intramural League (6, 7 & 8 grade)	Oct. 23rd
Wrestling: 6th - 8th grade	Dec 10th (2:30-4)
Girls' Basketball: 7th & 8th grade District intramural League (6, 7 & 8 grade)	Try-outs: Dec 18th & 19th (2:30-4) Jan 22nd
Track: 6th - 8th grade	March 11th (2:30-4)
Baseline Concussion Testing (optional, but suggested)	Aug 14th, 1-3

Golf (non state series participants); Soccer club; Intramural Volleyball,
and Boys/Girls Intramural Basketball only need:

Online Handbook/Permission slip turned in prior to 1st practice (*Parents sign online via Skyward.*)

Athletic Director: Brian Schweitzer
bschweitzer@d15.org or 815-385-2522 ext.5241

Home of the Trojans

