

River Trail Fall Intramural / Extramural Schedule and Sign-Up Form.3

Beginning September 7 4:00 P.M. – 5:00 P.M. (after school)

Monday

7th & 8th Soccer
7th & 8th Tennis Girls
6th gr. Basketball

Tuesday

7th & 8th Tennis Boys
7th & 8th Volleyball Girls/Boys

Wednesday

7th & 8th Tennis Girls

Thursday

7th & 8th Tennis Boys
6th, 7th, & 8th gr. Flag Football
7th & 8th Volleyball Girls/Boys

Beginning September 7 7:00 A.M. – 8:00 A.M. (before school)

6th, 7th, & 8th gr. Morning Intramurals

Extramural Sports & 1st Date of Tryouts					
Soccer:9/7	Tennis:9/7-boys & 9/8-girls	Volleyball:9/28	7 th Basketball:12/6	8 th Basketball:1/31	Track:1/5

Intramurals

This is a combined group of 6th, 7th, and 8th grade activities for girls and boys. The activities and sports will be held at River Trail Middle School after school (excluding Morning Intramurals-which is before school).

Extramurals

These activities are for 7th and 8th grade students, and they include tryouts and games against other middle schools. In order to participate on an extramural team, seventh and eighth grade students must participate in 80% of the tryouts for the respective team. The coaches will make the final decision in selecting the team roster.

7th & 8th grade soccer/tennis teams

Volleyball-A combined 7th & 8th girls' team and 7th & 8th boys' team will be selected to play a five game soccer schedule. Practices will be held on Tues. & Thurs. from 4-5pm. A schedule of games will be given to team members.

- Any 7th or 8th grade students playing on an extramural team must have a PHYSICAL EXAM form on file with Coach Meyer. See Coach Meyer if you need a form.

-In order to participate on an extramural traveling team, seventh and eighth grade students must participate in 80% of the tryouts for that respective team.

Rules for Intramurals/Extramurals

1. If students do not dress out for P.E. they cannot participate in Intramurals or Extramurals for that day.
2. Students who are staying for Intramurals need to report to the locker room immediately upon dismissal.
3. Students must wear athletic clothes for Intramurals/Extramurals. No street clothes!
4. Students must be picked up by 5pm. All students must be gone by 5:00pm. (You might want to look into carpools or the Sweepbus.)
-Students who cannot be picked up by the appropriate time will no longer be allowed to participate in Intramurals/Extramurals.

Checklist of items that must be turned in prior to participation:

Intramurals
 ___ Sign-up/Registration Form
 ___ Emergency Contact/Insurance Form

Extramurals
 ___ Sign-up/Registration Form
 ___ Emergency Contact/Insurance Form
 ___ Current Physical (forms available in PE Hallway)

Student's Name _____ Boy _____ Girl _____ Grade _____

I am registering for: (please **check all** activities you wish to participate in)

8th grade
 Volleyball _____
 Morning IM _____
 Flag Football _____

7th grade
 Volleyball _____
 Morning IM _____
 Flag Football _____

6th grade
 Basketball _____
 Morning IM _____
 Flag Football _____

I give my child permission to ride the Sweep Bus after school if needed. YES NO

Parent/Guardian Signature _____ Emergency Phone Number _____