

# 7th and 8th Grade Athletics Orientation


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# Seasons

- Fall
  - Varsity Boys Cross Country-Requires APP
  - Varsity Girls Cross Country-Requires APP
  - Varsity Golf-Requires APP 
  - JV and Varsity Girls Volleyball- 7th and 8TH not permitted as we have the JH offering

# Seasons


- Early Winter
  - JH Boys Basketball
  - JH Girls Volleyball
- Late Winter
  - JH Girls Basketball




# Seasons

- Spring
  - Varsity Boys Track-Requires APP
  - Varsity Girls Track-Requires APP 
  - Varsity Baseball-Requires APP
  - Varsity Softball-Requires APP

# What do I need to play?

- Current Sports Physical
  - Sports physicals are valid for 1 calendar year
- Online Registration 
  - Can be accessed via the athletic webpage
- Successful Completion of APP Process- Only if attempting to play a JV or Varsity Sport

# How can I support my student athlete?

- Help to make his/her experience positive by encouraging responsibility and self advocacy.
- Be a positive presence at contests. 
- Encourage them to develop proper exercise, nutrition and sleeping habits.
- Help them to develop time management skills.
- Use proper lines of communication.

# Questions

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