

NFMS Intramural Information (Winter- 2015)

Which students may participate in intramurals?

All students in grades six through eight have the opportunity to participate in intramurals.

What activities will be included in intramurals?

This is an introduction to basic weight training. The conditioning is designed to benefit students and athletes in all sports. It is not limited to school sponsored sports.

When will intramurals be conducted?

Fall intramurals will be conducted from 7:30 a.m. until 8:25 am on the following dates.

November 2, 4, 9, 11, 16, 18, 30 December 2, 7, 9, 14, 16 (Mondays and Wednesdays). Dates may be adjusted according to attendance

Where will intramurals take place?

Fall intramurals will take place in the NFMS weight room. Parents are asked to drop students off at the weight room **no earlier than 7:20 am.**

Does my child need to have a physical examination to attend intramurals?

A physical examination is **not** required for participation in intramurals. However, due to the strenuous nature of the conditioning, parents may wish to have their son or daughter examined by a physician before beginning participation in intramurals.

What will my child need to bring for intramurals?

Participants are not required to shower and change clothes after intramurals, but students will be allotted time to do so. Students will likely become sweaty during intramurals; therefore, a dry set of clothes is strongly recommended. Tennis shoes are mandatory.

What if I have questions?

For more information regarding intramurals please contact Coach Carnes @770-889-0743 Ext. 780576.

Since this program is optional for our students, our expectations are that you will be cooperative, a team player, and will exhibit sportsmanship and responsibility as a participant in this program. If at any time you should not live up to the expectations of this program we may prohibit your attendance until such time as you are willing to be a "Team Player."

Permission slips must be returned **before** a student is allowed to participate in the intramural program.

*Please return** this portion to Coach Carnes at NFMS, gymnasium:*

Parental Permission:

I give permission for my son/daughter, _____ to participate in the NFMS Intramural program and understand that it is not a required program but that it is an optional program offered by the school for my child to enhance his/her skills and enjoy the recreational aspects of a variety of sports and activities.

Since no physicals for participation are required my son/daughter is eligible with no health restrictions that would prohibit him/her from full participation in any of the activities. I will not hold the school or its staff responsible and /or negligent for any injury that may result from participation in the intramural program. My son/daughter will follow all rules and regulations so as to make this a fun and safe time for all.

Signed: _____ **Date:** _____