

Sacajawea Middle School 2009-2010 Athletic Calendar

Season #1

September 3 – November 6

- Football** 7th and 8th graders may participate (non-cut)
- Girls Fastpitch** 7th and 8th grade girls will be selected after try-outs
- Girls Cross-Country** 6th, 7th, and 8th grade girls may participate (non-cut)

Season #2

November 9 – January 23

- Girls Basketball** 2 teams of 7th and 8th grade girls will be selected after try-outs. 6th, 7th and 8th graders may participate on the non-cut team which will practice 3 to 5 days a week from 2:50 to 4:00. (The non-cut team will pay ½ of the athletic fee)
- Wrestling** All students may participate (non-cut)

Season #3

January 25 – March 26

- Boys Basketball** 2 teams of 7th and 8th grade boys will be selected after try-outs. 6th, 7th and 8th graders may participate on the non-cut team which will practice 3 to 5 days a week from 2:50 to 4:00. (The non-cut team will pay ½ of the athletic fee)
- Gymnastics** 6th, 7th and 8th grade girls may participate (non-cut)

Season #4

April 5 – June 10

- Baseball** 2 teams of 7th and 8th grader boys will be selected after try-outs
- Volleyball** 2 teams of 7th and 8th grade girls will be selected after try-outs
- Track** All students may participate (non-cut)

First date listed for each season is the first day to turn out for the sport. You will receive practice and game schedules from the coaches. Games begin at 3:40 unless noted. Practices are Monday through Friday from 2:45 to 4:30 or 5:00 – check with your coach for schedule. Due to safety issues **you must provide prompt pick up** and your own transportation home. Supervision is not available after practices or games.

Before you can turn out for a sport you must turn in:

- ✓ Physical form – Signed by a doctor - good for 2 years from date of physical exam
- ✓ Participation form – You will need to provide medical insurance information on this form – student accident and health insurance applications are available in the main office from an independent insurance provider
- ✓ Concussion form
- ✓ Emergency / travel card
- ✓ \$15 for ASB membership
- ✓ \$70 Athletic Participation fee - \$30 for those who qualify for Free and Reduced Lunch with Release of Information form turned in to office and non-cut basketball
 - pay before 1st practice for football, cross-country, wrestling, gymnastics and track
 - pay after teams have been selected for girls fastpitch, basketball, baseball and volleyball