



**Middle School Athletics Program
2016-2017**

Students attending middle schools in the Bellingham School District have the opportunity to participate in a quality athletic program. Registration due dates are set to ensure viability of the program and to secure coaching staff. Please see the list below for all our middle school offerings. Completed online or paper registration with signatures, a one-time ASB fee of \$10 and current sports physicals must be turned in order to attend practice. Please see the Q & A section for more information.

Middle School Extracurricular Fees

Sports Fee	\$0
One Time ASB Fee – All	\$10

6th Grade Sports Offerings

Fall turn in date, Aug. 26th

Track: Aug. 31st-Oct. 25th
Boys Soccer: Aug. 31st-Oct. 25th
Girls Soccer: Aug. 31st-Oct. 25th

Pre-Winter turn in date, Oct. 31st

Floor Ex. & Dance: Nov. 7th-Jan. 20th

Winter turn in date, Jan. 23rd

Wrestling: Jan. 30th-Mar. 24th

Spring turn in date: Mar. 27th

Cross Country: April 10th-May 31st

7th and 8th Grade Sports Offerings

Fall turn in date, Aug. 26th

Track: Aug. 31st-Oct. 25th
Boys Soccer: Aug. 31st-Oct. 25th
Girls Soccer: Aug. 31st-Oct. 25th

Pre-Winter turn in date, Oct. 31st

Floor Ex. & Dance: Nov. 7th-Jan. 20th
Boys Basketball: Nov. 7th-Jan. 20th

Winter turn in date, Jan. 23rd

Wrestling: Jan. 30th-Mar. 24th
Girls Volleyball: Jan. 30th-Mar. 24th

Spring turn in date: Mar. 27th

Cross Country: April 10th-May 31st
Girls Basketball: April 10th-May 31st
Football: April 10th-June 7th

Commonly Asked Questions about Middle School Sports

Q. What are the days and times practice, games and meets?

A. Practices run Mon-Fri from 3:55-5:30 PM on full school days. There are no before or after school sports or clubs on weekends, early release days, teacher workdays or holidays. Games run into the evening, especially all-school meets and tournaments. A schedule will be distributed the first week of each season and is also posted to our school website as soon as it becomes available.

Q. What is due by the turn in date in order to be able to participate?

A. The following items are required in order to participate:

- 1. Sports Physical:** A current physical must be on file. Have your doctor complete the required form available in the front office or online. A sports physical is good for 24 months.
- 2. Activities & Athletics Registration Form:** It is best to check any sport you might be interested in for the school year so you don't have to complete this part again.
- 3. Activities & Athletics Signature Page:** Read the district's athletic policy, concussion information and cardiac arrest alert together, complete with both parent/guardian and student signatures. Requires access to a printer if using online registration.
- 4. ASB Fee of \$10:** This one-time fee covers all before and after school clubs and sports.

- Q. Where do I go and what do I need in order to sign up for school sports?**
- A.** For online registration, have your insurance number handy and go to our school website *Online Athletic Registration* link where you will create an account (separate from your Skyward account). Insurance is also available for purchase. Paper registration packets as well as a computer for online registration are available in the Front Office where staff will be happy to assist you.
- Q. What else is required for participation?**
- A.** In addition to the above requirements, students participating in middle school athletics are expected to be in good academic (minimum of 75% participation stamps weekly) and behavioral standing and attend all practices, games, and meets. Remember, you represent the face of your school and district as a student athlete. Be safe, respectful and responsible both on and off the field and always give your best.
- Q. Why all the fuss about deadlines?**
- A.** Our goal is to offer a quality, safe program for students. Participation numbers determine how many coaches can be hired and impacts transportation arrangements. Also, student athletes are required to participate in at least eight practices (ten for football) in order to work well as a team, receive the proper training and safely play in games or participate in meets.
- Q. What if I don't have much or any experience in the sport? Can I still play?**
- A.** Middle school is a great time to try a new sport. Just arrive with a desire to work as a team, a commitment to attending and a good attitude! If you are experienced, there is always something to learn and someone to encourage. Work hard, participate and have fun!
- Q. Is transportation provided to or from practices? To and from games?**
- A.** Transportation for practices is not provided. Transportation to and from games is provided.
- Q. Do I have to take the bus to away games with the team?**
- A.** Yes, student athletes are required to ride the bus with their coach to away games. Students may go home with their family from a game after signing out with their coach.
- Q. If I am absent, am I required to bring a note?**
- A.** Yes. Absences from practice, games or meets require communication from a parent/guardian in order to be excused. Excused absences are the same as for school and are limited to doctor appts. or illness. Parent/guardians will be notified of absences as well. Coach contact information is provided on coach letters and posted on our school website. Remember, your teammates and coaches depend on you to commit to participating in practices consistently and regularly in order to improve and work as a team.
- Q. If I am absent from school on a game or meet day, can I still participate?**
- A.** Students must be present for the majority of the school day and be excused if they are gone for part of the day in order to be eligible to play on game days.
- Q. If I am injured, can I keep playing as long as I feel okay?**
- A.** Injuries require a doctor's note for clearance. This is particularly important in the case of head impact. Please let your coach know right away if you have an injury and he or she will complete an accident report. Always warm up to stretch muscles, attend practices to develop skills and take care of yourself by drinking plenty of water, getting a good sleep and eating healthy foods.
- Q. What if I can't afford shin guards for soccer or wrestling shoes, for example?**
- A.** Please speak with Assistant Principal Ms. Abernathy or a counselor if you are concerned about needing gear or the ASB fee. We will find a way to help you and know that you will pay it forward when you can or just be being a great representative of Kulshan. Go Thunderbirds! ☺