



Students attending middle schools in the Bellingham School District will have the opportunity to participate in a quality athletic program. Registration deadlines are set to ensure viability of the program. Please see the list below for all our middle school offerings.

**6<sup>th</sup> Grade Sports Offerings**

***Important!***

***ASB fee, online registration, Sports Physical, & all paperwork must be complete and turned in by each deadline to ensure appropriate coaching ratios.***

**Fall** **Sept 3 DEADLINE**  
Sept. 9 – Oct. 30

Track  
Boys Soccer and Girls Soccer

**Pre-Winter** **Nov 4 DEADLINE**  
Nov. 12 – Jan. 17

Dance & Tumbling

**Winter** **Jan 21 DEADLINE**  
Jan. 27 – Mar. 19

Wrestling

**Spring** **March 23 DEADLINE**  
Apr. 13 – June 10

Cross Country

**7<sup>th</sup> and 8<sup>th</sup> Grade Sports Offerings**

***Important!***

***ASB fees, online registration, & all paperwork must be complete and turned in by each deadline to ensure appropriate coaching ratios.***

**Fall** **Sept 3 DEADLINE**  
Sept. 9 – Oct. 30

Track  
Boys Soccer and Girls Soccer

**Pre-Winter** **Nov 4 DEADLINE**  
Boys Basketball Nov. 7 – Jan. 15  
Dance & Tumbling Nov. 12 – Jan. 17

**Winter** **Jan 21 DEADLINE**  
Jan. 27 – Mar. 19

Wrestling  
Girls Volleyball

**Spring** **Mar 23 DEADLINE**

Girls Basketball Apr. 13 – June 2  
Cross Country Apr. 13 – June 2  
Football [40 days] .....Apr. 13 – **June 10**

Note: Sports 35 days; Football 40 days

Note: different start and end **dates**

**Registration:**

For participation in athletics, student athletes need to complete an athletic registration form each year. This may be done through **online registration through your school website via "Final Forms"**. Each section must be completed and signed. A benefit of the online registration is that your information is saved, making the process easier when registering for athletics next school year. This also allows the athletics and activities office to verify that all forms are completed prior to the first practice ensuring your student will be able to participate. Computers are available for families with limited internet access and you may call your school's athletics and activities office for support while filling out the online registration. In addition to the forms, your student will need a current **sports physical** on file at their school.

After completing the online registration forms, your student will need to be cleared for each sports season at their school's activities office before they can participate in any sport. A current **sports physical exam (form)**, which cannot expire during the sport season, is required for the student to participate in athletics. A physical is good for 24 months from the doctor's signature date.

There is no additional cost to participated beyond the middle school **ASB Fee of \$10**. This once a year fee makes students eligible to participate in school clubs and sports.

**Middle School Practices and Game Schedule:** Practices for each middle school sport will be held on a Mon., Tues., Wed., Thurs., & Fri. schedule and will run from 4-5:30 p.m. Practices will not be held on early release days and non-student days. Coaches will hand out game schedules for each sport the first week of practice. You may also check school web pages for game schedules after the individual sport season begins. Competition(s) will be held in place of a practice.

**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 and behavioral standing and attend all practices, games, and meets. Your coach will review these expectations with you.

**Q. Why all the fuss about deadlines?**

**A.** Our goal is to offer a quality, safe, and fun program for students. Participation numbers determine how many coaches can be hired and impacts transportation arrangements, so adequate lead time is necessary to ensure we can process the registration and fees. Also, you are required to participate in a specific number of practices in order to safely play in games or meets. Having all your paperwork and fees turned in on time allows you to participate!

**Q. What if I change my mind?**

**A.** If you try a sport and decide it is not for you, have your parent contact your coach and the school's office so that we can withdraw your student-athlete from the sport.

**Q. When will practices be held?**

**A.** The four middle schools have different court and field configurations. For that reason, each middle school will plan their practice times and locations. Information about practice, game schedules, season end and start dates, and intramural offerings for coed volleyball and basketball for grade 6, will be communicated and updated on **your** middle school's website. Please contact your school office and coach for details.

**Q. How long are practices?**

**A.** Practices are currently 1.5 hours (90 minutes) a day for 5 days a week.

**Q. If practice is before school, will showers and towels be available?**

**A.** All middle schools have showers available. Students will need to provide their own towels.

**Q. If practice is before school, will there be transportation?**

**A.** Transportation for practices will not be provided. Transportation to games will be provided.

**Q. Why were the seasons that sports are played changed?**

**A.** This decision began with the decision to change the start/end times for middle school. The later end time to the school day means athletic competitions won't begin until after 4:30 p.m. Because football requires 10 practices prior to the first game, there was a need to change football to spring so that there would be daylight for those games. With the change of football as well as a need to plan for field and court space, some of the sport seasons had to be adjusted as well. The change will also avoid some conflicts in securing officials for games and will increase the number of district employees who might be able to coach sports at the middle school level.