

RLMS Athletics

Athletic Director

Nathan Vlcek

Purpose of MS Athletics

- Heart of the North Philosophy
 - The purpose of middle level school activities is to develop interest and participation by a large number of students and not just the best athletes. Provide training in athletics for all who desire it.
 - Participation by as many athletes as possible
 - No league trophies
 - Certified/registered officials
 - No win/loss records kept

Cross Country – Grade 5, 6, 7, 8

- Meets will start no earlier than 4:30 unless agreed upon by participating schools
- Maximum length of course is 4000 meters
- Maximum number of meets is eight

Cross Country Expectations

- Attendance at practice is a prerequisite to participating in a meet
 - Meet procedures are discussed
 - You need to be used to running the distance of a meet
 - We are building team chemistry during practice to help each other during the meet

Volleyball – Grades 7, 8 (girls)

- Games will start at 5:00 unless an earlier start time is agreed upon by the two schools (home games will start at 4:30)
- No libero position to be used at the middle level
- Four games will be standard procedure to ensure participation

Volleyball Expectations

- Coaches are focused on teaching the fundamental techniques of each position to all athletes
- Participation in practice is needed to achieve playing time in games
- Depending on the number of athletes, teams will be divided as equally as possible

Basketball - Boy's & Girl's grades 7, 8

- Boy's season runs from October-December
- Girl's season runs from January-February
- Full court press is only allowed in the final two minutes of each half unless the team pressing is up by ten or more
- Only man-to-man defense is allowed

Basketball Expectations

- Coaches are focused on teaching the fundamental techniques of each position to all athletes
- Participation in practice is needed to achieve playing time in games
- Depending on the number of athletes, and the flow of the game, playing time will be divided as equally as possible

Swimming – grades 6, 7, 8

- Girls season runs from early November until about the second week of January
- Boys season runs from the last week of January until the beginning of March
- Students can also swim with the Otters swim club
- All meets are away with at most 4 meets scheduled during a week night.

Archery – Co-ed grades 5, 6, 7, 8

- Archery Club
 - Starts in November and runs up to Christmas break
 - For beginners wanting to learn the basics of NASP
 - No competitions
 - Meets at most 2 nights a week

Archery – Cont.

- Archery Team
 - Team is for students that have gone through the basic NASP program either with club or summer school
 - Practice 2 times per week
 - Participants are asked to shoot on two weekends at competitive tournaments
 - Tournaments start in January and conclude with state in March with one home tournament

Wrestling – Grades 5, 6, 7, 8

- One year grade difference in opponents is allowed
- Rating system used to match “like” opponents
- No more than three matches per meet
- Wrestling season will not start until the first Monday after the HS regionals

Wrestling Expectations

- Coaches are focused on teaching the fundamental techniques to all athletes
- Participation in practice is needed to achieve matches at meets
- The number of athletes available at a meet will determine the number of matches – no more than three per meet.

Track – Grades 6, 7, 8

- An individual may participate in a maximum of three events of which only two may be running
- Team scores are kept, but no awards presented
- 3-4 meets per year with one home meet

Track Expectations

- Attendance at practice is a prerequisite to participating in a meet
 - Meet procedures are discussed
 - You need to show that you know the proper protocol for field and running events
 - We are building team chemistry during practice to help each other during the meet

Protocol if you have questions

- Talk to your athlete
- Talk to the coach
 - Please set up a time to talk
 - Not in front of our athletes
 - Not in front of other parents
- Talk to the athletic director

Forms

- Registration for MS sports will be done online through your Skyward Family Access account.
 - Coaches may have a form more specific to their sport when each sport season begins outlining the specific practice and contest dates, equipment needed, a reminder of the code of conduct and attendance expectations

Code of Conduct

- Academics
 - Grade checks will be weekly
 - School Attendance
 - Travel to and from events
 - Remember only parents are allowed to pick up athletes at events and provide transportation. Please hand the coach a note prior to taking your student-athlete home!
 - Injuries – please report any injuries to the coach or Athletic Director

Concussions

- <http://www.wiaawi.org/Health/Concussions.aspx>
- By Law a student athlete may not participate in the athletic activity until they have been cleared by a health care professional
 - We need a note from a doctor!

Conclusion

- We want all of our students to be able to participate and receive training in the sports that they choose
- We are here to build team chemistry and sportsmanship