

**HAVRE MIDDLE SCHOOL  
EXTRA-CURRICULAR ATHLETICS PHILOSOPHY**

It is the philosophy of the trustee and School District 16A that all Havre Middle School students should have the opportunity for meaningful participation in extra-curricular athletics, both inter-school programs and intra-school programs.

The district recognizes that adequate numbers of participants are needed to run both types of programs. When this occurs, children may have the chance to move from one program to another.

Participation in either type of program is governed by factors such as concern for safety of students, the students' skill levels, attitudes academic grades and attendance at practices. Win/loss records are not as important as student participation. Physicals and Concussion Statements are required for all sports.

Coaches are expected to utilize positive methods to teach skills and sportsmanship while maintaining a competitive spirit. As per board policy, Wednesday night will be recognized as church and family night therefore, student related activities will not be scheduled after 5:15 p.m. Students must be eligible to participate. Eligibility requirements are in the student handbook and are explained at parent meetings at the beginning of each season. Each program may have additional requirements for eligibility and participation.

Jeremiah Nitz  
Activities Coordinator

**ACTIVITIES AT A GLANCE**

Activities open to Sixth Grade Students:

Boys/Girls Cross Country	Junior Helpers
Intramural Boys Basketball	Student Council
Intramural Girls Basketball	Wrestling
Intramural Volleyball	Select Band Ensembles
Track	Golf

Activities Open to Seventh and Eighth Grade Students:

Girls Basketball	Select Band Ensembles
Boys Basketball	Student Council
Boys/Girls Cross Country	Boys/Girls Track
Cheerleading	National Junior Honor Society
Volleyball (Girls)	Wrestling (Boys)
Football	Select Singing Ensembles
Golf	Junior Helpers

## **ACTIVITIES BY SEASONS**

### ***FALL SPORTS***

#### **Football (7<sup>th</sup> & 8<sup>th</sup> Grade)**

##### Length of Participation

End of August through second week of October

##### Frequency of Meetings

Practice: 5 nights a week; 1 ½ - 2 hours each night

##### Approximate number involved

Grades 7-8 (No Cuts)

##### Description of Activity

Students participating in football go through the fundamentals of football. Practices are 5 days a week unless a game is scheduled. Some Saturday games are also scheduled. Training rules are issued to students participating.

#### **Cross Country (6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade)**

##### Length of Participation

End of August through second week of October

##### Frequency of Meetings

Practice 5 days a week

##### Approximate numbers involved

Everyone who practices makes the cross country team. (No Cuts)

##### Description of Activity

The season begins the end of August and goes through the second week of October. Training rules are issued to students participating.

**Girls Basketball**  
**(7<sup>th</sup> and 8<sup>th</sup> Grade Girls)**

Length of Participation

End of August through second week of October

Frequency of Meetings

Practice: Monday – Friday; after school  
2 Practices; One for 7<sup>th</sup> grade and One for 8<sup>th</sup> grade

Approximate number involved

Two teams for each grade level (Blue & White). No more than 24 participants for each grade level.

Description of Activity

The season begins with the opening of school and continues until October.

The head coach oversees the complete program and coaches the eighth grade team. Any 7<sup>th</sup> or 8<sup>th</sup> grade girl may try out for the team.

Coaches use an established criteria to choose players on the Blue/White teams. This includes attitude in school, attitude in practice, basketball skills and knowledge of game.

Training rules are issued to students selected for the team.

Practices generally run after school Monday through Friday for an hour and a half each night.

The basketball program at the seventh and eighth grade level is meant to develop the skills necessary to play competitive basketball. The player will learn to work as a team member, gain individual skills, develop sportsmanship and leadership qualities, and have fun. At the end of the regular season, selections will be made for a tournament team.

**Cheerleading**  
**(Football, Girls and Boys Basketball Seasons – 7<sup>th</sup> and 8<sup>th</sup> Grade)**

Length of Participation

Football Season, Girls and Boys Basketball Seasons  
September – December

Frequency of Meetings

Practice: 3 times a week  
Performance: All Home Games Only

Approximate Number Involved

10 to 12 cheerleaders for the football, girl's and boy's basketball seasons. Tryouts are held prior to the season. Coach uses established criteria for selection.

Description of Activity

Cheerleaders lead the cheers and provide pep and energy to the crowd at the games. Season may include a halftime entertainment routine during the home tournament.

## ***WINTER SPORTS***

### **Boys Basketball** **(7<sup>th</sup> and 8<sup>th</sup> Grade Boys)**

#### Length of Participation

October – December

#### Frequency of Meetings

Practice: Monday – Friday; after school  
2 Practices; One for 7<sup>th</sup> grade and One for 8<sup>th</sup> grade

#### Approximate number involved

Two teams for each grade level (Blue & White). No more than 24 participants for each grade level.

#### Description of Activity

The season begins in October and continues through December.

The head coach oversees the complete program and coaches the eighth grade team. Any 7<sup>th</sup> or 8<sup>th</sup> grade boy may try out for the team.

Coaches use an established criteria to choose players on the Blue/White teams. This includes attitude in school, attitude in practice, basketball skills, and knowledge of the game.

Training rules are issued to students selected for the team.

Practices generally run after school Monday through Friday generally for an hour and a half each night.

The basketball program at the seventh and eighth grade level is meant to develop the skills necessary to play competitive basketball. The player will learn to work as a team member, gain individual skills, develop sportsmanship and leadership qualities, and have fun. At the end of the regular season, selection will be made for a tournament team.

**Volleyball**  
**(7<sup>th</sup> and 8<sup>th</sup> Grade Girls)**

Length of Participation

February – March

Frequency of Meeting

Practice: Monday – Friday after school

Approximate number involved

Two teams for each grade level (Blue & White). No more than 20 participants for each grade level.

Description of Activity

The head coach oversees the complete program and coaches the eighth grade team. Any 7<sup>th</sup> or 8<sup>th</sup> grade girl may try out for volleyball. Coaches use an established criteria to make selection creating two teams of 10/team at each grade level. The criteria includes attitude in school, hustle and ability.

**Wrestling**  
**(6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Boys)**

Length of Participation

February – March

Frequency of Meetings

Practice: Monday – Friday

Approximate number involved

Grades 6-7-8 (No Cuts)

Description of Activity

This activity is intended to develop the skills needed to continue wrestling in high school. It is also a good introduction into the sport for children who are undecided about a high school sport. Any student can be competitive. The program's goal is to provide approximately 10 competitive matches for each wrestler.

## ***SPRING SPORTS***

### **Track (6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Boys and Girls)**

#### Length of Participation

April – May

#### Frequency of Meetings

Practice: Monday – Friday after school. 1 ½ to 2 hours each night

#### Approximate number involved

No Cuts

#### Description of Activity

Students practice and participate in up to four track and field events of their choice. Coaches may guide students into events for which the student is best suited. 6<sup>th</sup> Grade students will participate in home meets only. 7<sup>th</sup> and 8<sup>th</sup> grade will participate in all meets. Meets are weather dependent.

### **Golf (6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> Grade Boys and Girls)**

#### Length of Participation

April – May

#### Frequency of Meetings

We will meet Monday through Thursday. At times during the season we will be traveling to the golf courses to practice and play.

#### Approximate number involved

Grades 6-7-8

#### Description of Activity

Once the weather permits, golf practice will begin. Transportation will be provided to the golf course. Afternoon golf is from 3:30 – 5:00 p.m. After practicing several times on the driving range, golfers will venture on to the course.

## **Intramural Volleyball** **(6<sup>th</sup> Grade Girls)**

### Length of Participation

March – April

### Frequency of Meetings

2 – 3 afternoons per week

### Approximate number involved

6<sup>th</sup> Grade girls (No cuts)

### Description of Activity

Students are given instruction regarding the rules and fundamentals in volleyball and divided into teams for scheduled games after school.

## **Intramural Basketball** **(6<sup>th</sup> Grade Boys & Girls)**

### Length of Participation

April – May

### Frequency of Meetings

Boys: 4 days per week (after school)

Girls: 4 days per week (after school)

**Boys and Girls will alternate practice days**

### Approximate number involved

All who wish to participate

### Description of Activity

After the first few practices, if there are enough players, students may be divided into teams and play scheduled games after school. A tournament may be scheduled and teams would play a double elimination format.

All students who wish to participate are allowed, provided they follow the rules and have no more than three unexcused absences. Gym shoes and clothes are required to participate. Advisors may move students from one team to another if the need arises.