

# Intramural Highlights

- Intramural Times: 7:10-7:30 am
- Unlimited Student Participation for 7<sup>th</sup> and 8<sup>th</sup> grade students
- Activities are determined by the Intramural Supervisors
- Students are dismissed from the gym by the Intramural Supervisors
- All students are expected to sign in when they enter the gym
- Intramural Session Dates:

## **1<sup>st</sup> Session:**

**Tuesday, September 4<sup>th</sup> – Friday, October 5<sup>th</sup>**

## **2<sup>nd</sup> Session:**

**Monday, November 5<sup>th</sup> – Friday, December 14<sup>th</sup>;**

## **3<sup>rd</sup> Session:**

**Monday, January 14 – Friday, February 22<sup>nd</sup>**

## **4<sup>th</sup> Session:**

**Monday March 31<sup>st</sup> – Friday, May 9<sup>th</sup>.**

- Activities will vary, based on student interests
- Students are expected to follow regular Physical Education Rules while participating in Intramurals (Dressing out is not required). No food or drinks are allowed in the gym. Appropriate Gym Shoes Required (i.e. No flip-flops, sandals, etc..)
- All backpacks and other belongs are to be placed in the bleachers or against the wall.
- We encourage all students and/or staff to participate in Intramurals some time throughout the school year. Everyone at Sierra Middle School is invited to take part in this program.