



**Havre Middle School  
Activity Booklet  
2023-2024**

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

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

Mark Irvin/Melissa Han  
Activities Coordinator

**ACTIVITIES AT A GLANCE**

Activities open to Sixth Grade Students:

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

Activities Open to Seventh and Eighth Grade Students:

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

## **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: Monday-Friday; 1 ½ - 2 hours each night

##### Approximate number involved

Grades 7-8 (No Cuts)

##### Description of Activity

Students participating in football will learn 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

Monday-Friday

##### 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

One team for each grade level. Twelve athletes for each grade level. Additional students can help manage the team at the coach's discretion.

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. The assistant coach coaches the seventh-grade team. Any 7<sup>th</sup> or 8<sup>th</sup> grade girl may try out.

Coaches use an established set of criteria to choose players. 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.

**Cheerleading**  
**(7<sup>th</sup> and 8<sup>th</sup> Grade Girls & Boys)**

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 boys' basketball seasons. Tryouts are held prior to the season. Coaches use 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 home tournaments.

## ***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

One team for each grade level. Twelve athletes for each grade level. Additional students can help manage the team at the coach's discretion.

#### 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. The assistant coach coaches the seventh-grade team. Any 7<sup>th</sup> or 8<sup>th</sup> grade boy may try out.

Coaches use an established criteria to choose players. 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 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. Ex

**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 set of criteria to make selections in order to create two teams of 12/team at each grade level. The criteria include attitude in school, hustle, and ability.

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

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 & Boys)**

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 of volleyball and are 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 (may be combined due to numbers).**

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.

**National Junior Honor Society**  
**(7<sup>th</sup> and 8<sup>th</sup> grade)**

Description of Activity

Students must meet established criteria in order to be invited to participate. Selections are made based on: Scholarship, Service, Leadership, Character, and Citizenship. Students will participate in meetings and service projects. An induction ceremony will be conducted each spring for new members.

**Junior Helpers**  
**(6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade)**

Description of Activity

Junior Helpers is a service organization dedicated to providing positive peer to peer activities. We believe in a drug and alcohol-free lifestyle and in supporting our school and community. Students help organize various activities throughout the year including Red Ribbon Week and the December Candy Cane Sale. Organizational meetings are typically held during the school day.

**Student Council**  
**(6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade)**

Description of Activity

The Student Council is comprised of three elected officers as well as two class representatives from each grade. Elections are held in the fall and elected students will be required to attend meetings regularly. The student council is responsible for a variety of activities throughout the year including the annual door decorating contest and other sponsored events.

6<sup>th</sup> grade positions-Secretary and 2 Representatives

7<sup>th</sup> grade positions-Vice-President and 2 Representatives

8<sup>th</sup> grade positions-President and 2 Representatives

**Select Band Ensembles**  
**(6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> grade)**

Description of Activity

The Havre Middle School Music Department offers band students the opportunity to join and play in several different ensembles. These ensembles run throughout the year and rehearse outside of school hours. Groups perform their selections during each band concert.

**Select Singing Ensembles**  
**(7<sup>th</sup> and 8<sup>th</sup> grade)**

Description of Activity

The Havre Middle School Music Department offers students the opportunity to join several select singing ensembles. Students must meet established criteria in order to participate. These ensembles rehearse throughout the school year and rehearse outside of school hours. Groups perform their selections during each choir concert.