

# EMS Sports Information 2023-24

All students can participate. We do not cut at the middle school level for athletics. A physical is required before the first practice. Physical forms are located outside of our main office. Fees are: **\$25 for one sport. Two or more sports would be another \$20 dollars (\$45 total for two or more sports).** Free and reduced lunch students pay a reduced fee of \$12.50 for one sport and \$22.50 for two or more sports. Fees can be paid at the main office.

Parents will need to pick students up on Wednesday's and bring them back 7 minutes prior to their practice. They will not be allowed to stay on Campus unsupervised.

## In August:

**Only Football starts the first day of school:** The first school day is Wednesday and ends at 2:15 p.m. Practices are after school.

- **Football** starts the first day of school if students have turned in a physical and paid their fees.
  - **Football gear checkout Aug. 25 (8th grade 8-9:30 a.m. & 7th grade 9:30 a.m. -11 a.m.)**
  - Day one 7<sup>th</sup> & 8<sup>th</sup> grade starts at 2:30 p.m. Players report to the boy's locker room.
  - The following practice days start at 3:05 (3:30 on Wednesdays from the 2<sup>nd</sup> week on).
  - The first 3 days of football practice is Helmet, T-shirt, shorts, and cleats only. Football practice will end every day by 5:00 p.m. no matter the start time. Three non-contact practices are required from each player before full pads.
  - There will be football practice every day except game days.
  - Approximate end date week of Oct.19<sup>th</sup>.
- **Girls Basketball** Starts Tues. September 5<sup>th</sup> after school if students have turned in a physical and paid their fees.
  - Day One - 8<sup>th</sup> grade Girls Basketball Practice starts at 3:05 - 4:30
  - Day One - 7<sup>th</sup> grade Girls Basketball Starts at 4:30 – 6:00
  - Thursday and Friday 8<sup>th</sup> grade from 3:05 – 4:30 and 7<sup>th</sup> grade from 4:30 – 6:00
  - Approximate end date week of Oct. 18<sup>th</sup>.
- **Cross Country** Starts Tues. September 5<sup>th</sup>.
  - Practice will begin at 3:05 on most days, 3:30 on all other Wednesdays meets in the hallway in front of the gym near the trophy cases. Cross Country races are often on a Monday.
  - Approximate end date week of Oct. 9-13<sup>th</sup>.

## In October:

- **Boys Basketball** starts Oct. 23<sup>th</sup>.
  - 8<sup>th</sup> grade practice starts at 3:05 - 4:30 the first three days
  - 7<sup>th</sup> grade practice starts at 4:30 – 6:00 the first three days
  - Times will vary by team once the boys are divided into teams.
  - Approximate end date Dec. 19<sup>th</sup>.

## In January:

- **Girls Volleyball** starts on January 2<sup>nd</sup>.
  - 8<sup>th</sup> grade Girls Volleyball Practice starts at 3:10 - 4:30
  - 7<sup>th</sup> grade Girls Volleyball Starts at 4:30 - 6:00
  - Later in the week the start times will be communicated by coaches.
  - Approximate end date Feb. 23<sup>rd</sup>.
- **Wrestling** starts on Jan. 16<sup>th</sup>, in the cafeteria at 3:05 p.m.
  - Approximate end date March 14<sup>th</sup>.

## In February:

- **Girls Swimming** first practice is February 12<sup>th</sup>. A Bus comes to EMS and transports the girls to GFH's Pool. Girls need to be picked by parents no later than 5:15 p.m. at the swimming pool. The season is approximately a month long. Approximate end date is March 22<sup>nd</sup>.

## In April

- **Boys and Girls Track** first practice is April 3<sup>rd</sup> at 3:05 after school.
  - We practice indoors if we need to.