



Middle School Athletics

**Introduction to
Middle School Sports at
Bear Creek**

Middle School Athletics Director
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Introduction to Middle School Sports

Philosophy

- Commitment – Learning to be a part of a team
- Growth – Developing skills while growing into the individual that God intends
- Having Fun – Creating a desire for students to keep playing

Season Structure and Length

- Seasons are each roughly 7 – 8 weeks
- Students have 2 – 3 practices and/or games per week
- Teams play about 7 – 8 games in a season
- Cross Country and Track & Field teams have 3 – 4 meets each

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Season Structure and Length

Fall	Winter 1	Winter 2	Spring
8/28/2025 – 10/23/2025	10/23/2025 – 12/18/2025	1/5/2026 – 3/3/2026	3/9/2026 – 5/8/2026
Boys and Girls Soccer	Boys Basketball	Girls Basketball	Boys and Girls Track & Field
Boys and Girls Cross Country	**Girls basketball does optional training	**Boys basketball does optional training	Boys and Girls Golf (Grades 7 and 8)
Volleyball			Baseball
			Boys and Girls Tennis (Grades 7 and 8)

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Schedules

- Schedules for each sport are posted on the Athletics Calendar on the school website.
- Practice and game schedules are released in the weeks leading up to each season.
- We hope to have a fall sports schedules of practices and games posted by mid June.

Team Placement

- When we have enough students registered, we run multiple teams. These teams are formed by age, skill, and ability to safely play at that team's level, etc.
- Sports with multiple teams start with placement days to determine which team each student is on.
- Our green team is generally our oldest and most competitive. Then white, gold, blue.

Who do we play?

- We are members of the Cross-Town Middle School League (CTMSL):
 - Bear Creek, Bellevue Christian, Bush, Cedar Park Christian, Eastside Prep, Forest Ridge, Heritage Christian, Northwest House, Overlake, Seattle Academy, St. Thomas, University Prep, and Willows Prep
- League philosophy revolves around making games safe and competitive.
- Teams play opponents at a similar age/skill.

Practices, Games, and Transportation

- Practice locations and times vary by sport, but the goal is to build as consistent of a schedule as possible.
- Transportation **is not provided** to off-site practices.
- Transportation **is provided** for away games unless otherwise noted (games at Overlake are a one-way drop-off).
- For some away games, students will have an early dismissal.
The coach and Athletics Director coordinate the process of making sure students get to the bus/van from class.

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Cost, Gear, Registration

- \$200 for each sport/season (soccer has an added \$12 fee for game socks).
- Optional sweatshirt and T- shirt available for purchase each season (cost varies).
 - Potential for new gear process during the winter and spring seasons.
- Students must have proper equipment for their sports (cleats for soccer, clubs for golf, etc.)
- Registration typically opens a couple of months before the start of the season and closes three weeks before the start of the season.
- Students must have an updated physical on file before the first day of practice.
- Details of when to register and how to register will be emailed to all Middle School families.

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Any Questions?

- Feel free to ask out loud or type your question in the chat 😊