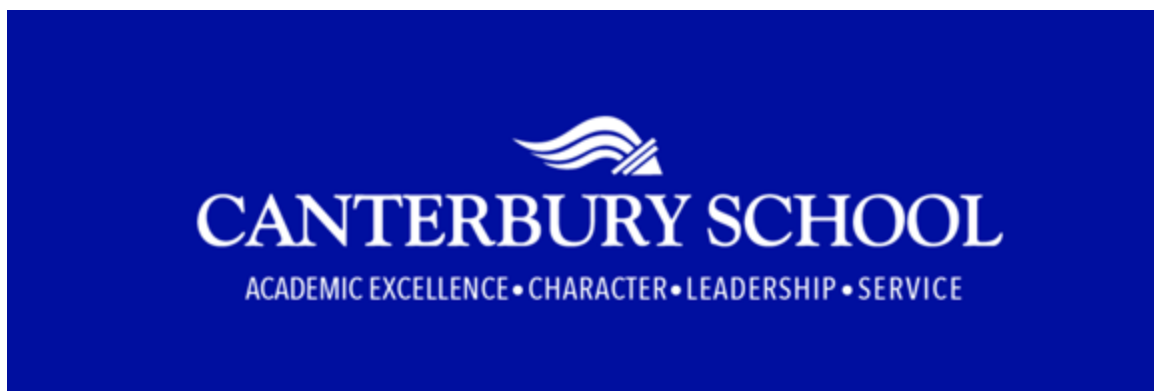


Middle School Athletics 2025-2026



Welcome, Rising Sixth through Eighth Grade Students and New Canterbury Families!

The **Canterbury Middle School Athletic Department** is excited to welcome you to a new year of growth, teamwork, and Cougar spirit!

We are committed to offering a structured and inclusive athletic program that encourages skill development, teamwork, and sportsmanship. Whether your student is a seasoned athlete or just starting, there's a place for them in our program.

Competitive and Developmental Opportunities

Our goal is to balance competitive team experiences with developmental opportunities for all student-athletes. Practices are generally held after school from 2:30–3:30 p.m., unless otherwise noted by the coach.

All-Inclusive Competitive Middle School Sports Teams

These sports are open to all middle school athletes (grades 6–8)—no roster limitations:

- Football (Fall)
- Co-ed Cross Country (Fall)
- Cheerleading (Fall)
- Co-ed Wrestling (Winter)
- Girls Basketball (Winter)
- Co-ed Track & Field (Spring)
- Boys Lacrosse (Spring)

Competitive Sports Teams (Middle School JV & Varsity)

These sports will have tryouts and roster limitations:

- Girls Volleyball (Fall)

- Swimming (Fall)
- Boys Basketball (Winter)
- Girls & Boys Soccer (Winter)
- Baseball (Spring)
- Girls Lacrosse (Spring)

The Next Level Program

The Next Level Sports Program is designed for students who are not selected at tryouts to be on the JV or Varsity team but still want to develop skills and build confidence. This program includes 1–2 practice sessions per week.

- Girls Volleyball (Fall)
- Swimming (Fall)
- Boys Basketball (Winter)
- Girls & Boys Soccer (Winter)
- Baseball (Spring)
- Girls Lacrosse (Spring)

Limited Roster Sports (No Next Level Program)

Due to space limitations, the following teams have limited rosters and do not offer a Next Level option:

- Girls & Boys Golf (Fall)
- Girls & Boys Tennis (Spring)

Ready to Participate?

If your student is interested in joining any of our sports programs for the 2025–2026 school year, please fill out the Athletic Interest Form below. If you're interested in multiple sports, please check more than one per season so you can receive communications for each sport.

Athletic Interest Form

All athletes must have a current FHSA "Athletic Participation and Physical Evaluation" Form (EL2 and EL3) on file before they can participate. [Click here to download the Participation Forms](#). You can also find the Participation Forms on our website under [Athletic Resources](#).

Coming Soon: Intramural Sports!

We're also thrilled to introduce a new Intramural Sports Program during fifth through eighth-grade PE classes! This will give all students the chance to enjoy sports in a fun, low-pressure environment with no tryouts or cuts.

We are looking forward to an exciting year ahead and can't wait to see our Cougars in action. Thank you for your continued support!

Go Cougars!

The Middle School Athletic Department



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