

**Spring Wood Middle School – Athletics**  
**2025-2026 School Year**

| <b>Sport</b>             | <b>Day</b> | <b>Coach</b>  | <b>Gym</b> | <b>Season Begins</b> |
|--------------------------|------------|---|------------|----------------------|
| <b>Cross Country</b>     | M T Th F   | <b>All Grades:</b> Brester,<br>Benages, & Dore  | MG         | Fall (August)        |
| <b>Girls Basketball</b>  | M T Th F   | <b>6<sup>th</sup> – 7<sup>th</sup></b> Campbell<br><b>8<sup>th</sup></b> Pouloupoulos | MG         | Fall (September)     |
| <b>Boys Basketball</b>   | M T Th F   | <b>6<sup>th</sup> – 7<sup>th</sup></b> Campbell<br><b>8<sup>th</sup></b> Pouloupoulos | MG         | Winter (December)    |
| <b>Cheerleading</b>      | M T Th F   | <b>All Grades:</b> TBA  | MG         | Winter (December)    |
| <b>Girls Volleyball</b>  | M T Th F   | <b>6<sup>th</sup> – 7<sup>th</sup></b> Grossman<br><b>8<sup>th</sup></b> McMahel      | MG         | Winter (February)    |
| <b>Boys Volleyball</b>   | M T Th F   | <b>All Grades:</b> Brester  | MG         | Winter (February)    |
| <b>Track &amp; Field</b> | M T Th F   | <b>All Grades:</b> Brester,<br>Benages, Dore, & Ferrigan                              | MG         | Spring (April)       |