1. Master Intramural Sports Information 2025-26

Sinaloa Requirements for Participation in School Sponsored Sports Activities
In order to participate in school sponsored sports/team activities students must:

- The student has maintained, during the previous grading period, a minimum 2.0 grade-point average, on a 4.0 scale, in all enrolled courses (aligns with CIF Eligibility requirements)
- No suspensions within the quarter(s) in which the sport is occurring.
- Less than 20 accumulated tardies in all classes.
- No U's for Citizenship during the previous grading period

Tryouts/ Practice/ Games/ Pizza

- All players **need a signed** consent form. Students can pick up forms from the office
- Only two teams will be selected. An "A" and a "B" which will consist of a mix of 6, 7, and 8th graders.
- Each season consists of six weeks. Girls are M/W, Boys T/TH ** Some Practices/Games moved to Friday due to Staff Professional Development or Holidays **
    - First week is tryouts
    - Second and Third are practices
    - Fourth, Fifth, and Sixth are practices and games (each school hosts one week of games).
- There will be two tryout days and students should attend both to better their chances of making the team.
- Tryouts and Practices are from 2:45-3:45 pm
- Games start promptly at 3:15 pm (A First then B). Games last between 30min-1hr
- All players need to arrive for the first game.
- Only water is allowed in school gyms. No food or sports drinks.
- Game shirts are purchased for 15 dollars or loaned. Students wear their own athletic shorts (black) and shoes. (no jeans)
- After the end of the season is an ASB sponsored pizza party. There is no cost to the players. Loaned game shirts need to be returned at the end of the last game to attend the pizza party.

Season Calendar (H- HMS S- SMS VV- VVMS) Girls M/W and Boys T/TH *** May differ if practice falls on a Staff Professional Development day or Holiday.

Basketball: A, B	**Volleyball: A, B**
9/8-9/11: Tryouts/Practice 9/15-9/18: Practice 9/22 - 9/25: Practice (No school 9/23) 9/29 - 9/30: Games Round 1 M/T- Pt. 1 ● Host: Valley View (S Girls Monday, S Boys Tuesday) 10/6 - 10/7: Games Round 1- Pt. 2 ● (H Girls Monday, H Boys Tuesday) 10/13 - 10/17: Games Round 2 ● Host Sinaloa (H Girls, H Boys, VV Girls, VV Boys) 10/20 - 10/24: Games Round 3	2/2-2/5: Tryouts/Practice 2/9-2/13: Practice 2/17-2/20: Practice 2/23-2/26: Games Round 1 ● Host Sinaloa (H Girls, H Boys, VV Girls, VV Boys) 3/2-3/5: Games Round 2 ● Host Hillside (VV Girls, VV Boys, S Girls, S Boys) 3/9-3/12: Games Round 3 ● Valley View (S Girls, S Boys, H Girls, H Boys)

● Host Hillside (VV Girls, VV Boys, S Girls, S Boys)	
Flag Football: A, B 3/16-3/19: Tryouts/Practice 3/23-3/26: Practice 4/6-4/9: Practice 4/13-4/17 Games Round 1 (M/T/Th/F) ● Host: Sinaloa (H Girls Monday, H Boys Tuesday, VV Boys Thurs, VV Girls Friday) 4/20-4/23: Games Round 2 ● Host Valley View (H Girls, H Boys, S Girls, S Boys) 4/27-4/30: Games Round 3 ● Host Hillside (VV Girls, VV Boys, S Girls, S Boys)	**Pickleball Fall** 11/6 @ HMS from 3:15-4:15 pm This round-robin event lets students play pickleball with rotating opponents in successive games. It is designed for players who understand how to keep score and can maintain a rally, to promote fun play and exemplary sportsmanship. Students interested should join pickleball club, Wednesdays during lunch.
Cross Country 11/5 @ HMS 1.6 Mile course using HMS's Field, Track, and Hill. 6th Grade starts at 3:30 pm 7th Grade starts at 4:00 pm (approximately) 8th Grade starts at 4:30 pm (approximately) Shirts awarded to the top 5 runners per race per gender.	**Pickleball Spring** 5/6 @ SMS from 3:15-4:15 pm This round-robin event lets students play pickleball with rotating opponents in successive games. It is designed for players who understand how to keep score and can maintain a rally, to promote fun play and exemplary sportsmanship. Students interested should join pickleball club, Wednesdays during lunch.