

Middle School Intramural and Interscholastic Sports Guidelines

Intramural programs:

- Open to all students
- All students must complete appropriate paperwork which is located on Clifton Public Schools Home page under Athletics – Middle School Intramural/Interscholastic programs.
- This information must be returned to the coach of the activity/ sport in a timely manner.
- A complete physical is needed by their family physician. This physical will be good for one full year.
- If a child decides to participate in a second or third activity during the school year, the parent or guardian only has to complete a short verification form which is also located on the Clifton website.
- Meeting times vary depending on each coach. Usually 3:00 – 4:30 PM.
- If a student needs to take the activity bus home, the student may leave the program early to catch the 4:00 activity bus. This bus will return the student to their sending elementary school.
- Dress attire is clothing similar to their gym clothes or something comfortable for them to wear.
- Fall Activities:
Soccer, Softball and Flag Football – Start up time - September
- Winter Activities:
Basketball – start up time – Late October
- Spring Activities:
Volleyball, Girl's Track, Boy's Track start up in March
Team handball and Floor Hockey start in late April

Interscholastic Sports:

- Students must try out to be part of the interscholastic basketball and track programs.
- Try outs take place at the end of the basketball and track intramural programs. Therefore, the student must be a part of the intramural program to try out for the interscholastic team.
- Interscholastic programs include traveling to other schools to compete. All games and meets begin at 4:00. Students will be transported to away games by bus.
- If a parent or guardian travels to away games and would like to transport their child home with them at the end of the game/meet, the coach must have a letter in writing stating that their child will not be traveling on the bus back to the school.
- Students must maintain passing grades in order to stay in good standing on the team.
- Uniforms will be provided for each member of the team. At the end of the season, the student will return the uniform to the coach. The parent or guardian is responsible for the cost of replacing the uniform if it is not returned at the end of the season.

It is important that the student is picked up on time at the end of the practice or game.