



Middle School Athletics Program 2017-2018

Students attending middle schools in the Bellingham School District have the opportunity to participate in a quality athletic program. Registration due dates are set to ensure viability of the program and to secure coaching staff. Please see the list below for all our middle school offerings. Completed online or paper registration with all required signatures, a one-time ASB fee of \$10 and current sports physical must be turned in order to attend practice. Please see the Q & A section for more information.

Middle School Extracurricular Fees	
Sports Fee	\$0
One Time ASB Fee – All	\$10

6th Grade Sports Offerings

Fall turn in date, Aug. 29

Track: Sept. 5- Oct. 27
Boys Soccer: Sept. 5- Oct. 27
Girls Soccer: Sept. 5- Oct. 27

Pre-Winter turn in date, Oct. 27

Floor Ex. & Dance: Nov. 6- Jan. 19

Winter turn in date, Jan. 19

Wrestling: Jan. 29- Mar. 23

Spring turn in date: Mar. 23

Cross Country: April 9- May 30

7th and 8th Grade Sports Offerings

Fall turn in date, Aug. 29

Track: Sept. 5- Oct. 27
Boys Soccer: Sept. 5- Oct. 27
Girls Soccer: Sept. 5- Oct. 27

Pre-Winter turn in date, Oct. 27

Floor Ex. & Dance: Nov. 6- Jan. 19
Boys Basketball: Nov. 6- Jan. 19

Winter turn in date, Jan. 19

Wrestling: Jan. 29- Mar. 23
Girls Volleyball: Jan. 29- Mar. 23

Spring turn in date: Mar. 23

Cross Country: April 9- May 30
Girls Basketball: April 9- May 30
Football: April 9- June 6

Commonly Asked Questions about Middle School Sports

Q. What are the days and times for practice, games and meets?

A. Practices run Mon-Fri from 3:55-5:30 PM on full school days. There are no before or after school sports or clubs on weekends, early release days, teacher workdays or holidays. Games run into the evening, especially all-school meets and tournaments. A schedule will be distributed the first week of each season and is also posted to our school website as soon as it becomes available.

Q. What is due by the turn in date in order to be **CLEARED to participate?**

A. The following items are required in order to participate:

- 1. Skyward Athletic/Activity Online Registration:** The registrar at your school can help you with your login/password.
- 2. Sports Physical:** A current physical must be on file. The form is available in the front office or online. A sports physical is good for 24 months. It must be valid for the entire sports season.
- 3. ASB Fee of \$10:** This one-time each school year fee covers all before and after school clubs, activities and sports.
- 4. Individual CLEARANCE** for each sport must be made directly with the FMS Athletic Secretary, Mrs. Martin, before the posted turn in dates shown above.

Q. Where do I go and what do I need in order to sign up for school sports?

A. Go to our school website, Skyward, Family Access, Online Forms, Athletic/Activity Registration to register. Complete steps 1-4 above. Insurance is also available for purchase. Paper registration packets as well as a computer for Skyward Athletic/Activity Online Registration are available in the Front Office where staff will be happy to assist you.

Q. What else is required for participation?

A. In addition to the above requirements, students participating in middle school athletics are expected to be in good academic and behavioral standing and attend all practices, games, and meets. Remember, you represent the face of your school and district as a student athlete. Be safe, respectful and responsible both on and off the field and always give your best.

Q. Why all the fuss about deadlines?

A. Our goal is to offer a quality, safe program for students. Participation numbers determine how many coaches can be hired and impacts transportation arrangements. Also, student athletes are required to participate in at least eight practices (ten for football) in order to work well as a team, receive the proper training and safely play in games or participate in meets.

Q. What if I don't have much or any experience in the sport? Can I still play?

A. Middle school is a great time to try a new sport. Just arrive with a desire to work as a team, a commitment to attending and a good attitude! If you are experienced, there is always something to learn and someone to encourage. Work hard, participate and have fun!

Q. Is transportation provided to or from practices? To and from games?

A. Transportation for practices is not provided. Transportation to and from games is provided.

Q. Do I have to take the bus to away games with the team?

A. Yes, student athletes are required to ride the bus with their coach to away games. Students may go home with their family from a game after signing out with their coach.

Q. If I am absent, am I required to bring a note?

A. Yes. Absences from practice, games or meets require communication from a parent/guardian in order to be excused. Excused absences are the same as for school and are limited to doctor appointments or illness. Parent/guardians will be notified of absences as well. Coach contact information is provided on coach letters and posted on our school website. Remember, your teammates and coaches depend on you to commit to participating in practices consistently and regularly in order to improve and work as a team.

Q. If I am absent from school on a game or meet day, can I still participate?

A. Students must be present for the majority of the school day and be excused if they are gone for part of the day in order to be eligible to play on game days.

Q. If I am injured, can I keep playing as long as I feel okay?

A. Injuries require a doctor's note for clearance. This is particularly important in the case of head impact. Please let your coach know right away if you have an injury and he or she will complete an accident report. Always warm up to stretch muscles, attend practices to develop skills and take care of yourself by drinking plenty of water, getting a good sleep and eating healthy foods.

Q. What if I can't afford shin guards for soccer or wrestling shoes, for example?

A. Please speak with an administrator or counselor if you are concerned about needing gear or the ASB fee. We will find a way to help you and know that you will pay it forward when you can.

Contact: The Fairhaven Middle School Secretary for Athletics: Mrs. Martin, 676-6470, ext. 4606
jan.martin@bellingshamschools.org 8:30-11:30