**Welcome to the Intramural Sports Program here at Cold Springs Middle School!**

We are excited to offer these recreational opportunities to our 6th-8th grade CATS this year. Our mission for this program is to get students moving, build skills, play organized games/meets, and make friends.

This no cost opportunity is only made available to our students because our committed staff members at CSMS are putting this whole program together. We are excited to work to make this a worthwhile experience for our students. Because we have a limited amount of time left in the year, and we are offering a multitude of recreational sports, each season will run for three weeks.

**Season Dates/Times/Coaches:**

**Girls Basketball: MARCH 29TH- APRIL 16TH Mondays and Thursdays 2:30pm-5:30pm**

Coach Gonsalves tgonsalves@washoeschools.net Coach Partyka dpartyka@washoeschools.net

Coach Milroy kmilroy@washoeschools.net Coach Heller pheller@washoeschools.net

**Boys Basketball: MARCH 29th- APRIL 16th** **Tuesdays and Fridays 2:30pm-5:30pm**

Coach Heller pheller@washoeschools.net Coach Gonsalves tgonsalves@washoeschools.net

Coach Milroy kmilroy@washoeschools.net Coach Paige prath@washoeschools.net

**Girls Soccer: APRIL 19th- MAY 7th Tuesdays and Fridays 2:30pm-5:30pm**

 Coach Paige prath@washoeschools.net Coach Scholes cscholes@washoeschools.net

**Boys Soccer: APRIL 19th- MAY 7th Mondays and Thursdays 2:30pm-5:30pm**

 Coach Paige prath@washoeschools.net Coach Scholes cscholes@washoeschools.net

**Girls Volleyball: APRIL 19th- MAY 7th Mondays and Thursdays 2:30pm-5:30pm**

 Coach Wright swright@washoeschools.net Coach Q cquiriconi@washoeschools.net

 Coach Arnold parnold@washoeschools.net Coach Birch hbirch@washoeschools.net

**Boys Volleyball: APRIL 19th- MAY 7th Tuesdays and Fridays 2:30pm-5:30pm**

 Coach Wright swright@washoeschools.net Coach Arnold parnold@washoeschools.net

 Coach Birch hbirch@washoeschools.net Coach Partyka dpartyka@washoeschools.net

**Cross Country:** **MAY 10th- MAY 28th Tuesdays and Fridays 2:30pm-5:30pm**

 Coach Q cquiriconi@washoeschools.net Coach Curtis ecurtis@washoeschools.net

 Coach Arnold parnold@washoeschools.net

**Track: MAY 10th- MAY 28th Mondays and Thursdays 2:30pm-5:30pm**

 Coach Q cquiriconi@washoeschools.net Coach Curtis ecurtis@washoeschools.net

 Coach Scholes cscholes@washoeschools.net Coach Greenburg bgreenburg@washoeschools.net

 Coach Wright swright@washoeschools.net

**Commitment/Expectations/Eligibility**

It is expected that students treat an intramural season as any other sporting commitment. If a student signs up, they sign up and show up for all three weeks of the season on the days they are already at school. (A Day Students are expected to come to intramurals on A Days, B Day students on B days, if you can make it both days, that would be great!)

The philosophy of our Intramural Sports Program is that good sportsmanship is expected in the conduct of every participant in every contest. It is important that we provide an atmosphere that is conducive to fair play and good sportsmanship. CSMS realizes contests are very important to the participants, but the importance should not be so great that good sportsmanship is overlooked. Fair play and good sportsmanship will be upheld and enforced by all our coaches, scorekeepers, and referees.

**Before Season Starts**

1. Fill out and sign forms: SPORT/CONDITIONING PARTICIPATION PERMIT and ATHLETIC EMERGENCY FORM
2. Return only to coaches (Milroy/Gonsalves in the gym) \*If these forms are not returned before intramural season begins, students will not be able to participate until those are returned
3. Again, check prior commitments to make sure this will work out for your student.

**During Season**

1. Students need to be ready at the beginning of their practice/play time. They should have athletic clothes/shoes, a water bottle, and snacks. (Water fountains can only be used to fill up water bottles)
2. If a student cannot come/participate for whatever reason, a parent must contact one of the coaches or organizers prior to the start time for the activity. This ensures we can adjust before practice/play so we can utilize all our active time wisely.
3. Give it 100%. We are looking for students with positive attitudes and who hustle. This is how we all improve in our game play. We will work with all students, but if behavior is negatively affecting the intramural season and/or covid guidelines are not followed, parents will be contacted, and students may be asked to not come back. This program is a privilege, not a right.

**COVID Safety Guidelines**

The health and safety of our students and staff members is the highest priority. That commitment will not waver, even as we begin to hold intramurals. We continue to work within guidelines set forth by the governor and NIAA and in conjunction with the Washoe County Health District, to protect our entire school family, and we will reach out to our families with information and guidance regularly moving forward. We ask for our families’ understanding and cooperation as we work through the process of beginning to hold intramurals. CSMS will be following all guidelines set forth by NIAA and WCSD.

\*Masks should always be with students and must comply with coaches’ directives as to when they need to be worn. \*Spectators are not allowed in venues. If picking up or dropping off the participant, please wait in your vehicle until all participants are released.

If our Intramural Sports Program sounds like a fit for your student, please fill out and sign this sheet so we have an idea of how many students we may be expecting. We will reach back out again near the start of each season.

Students Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participation Days: A Days B Days Both

Grade: 6th 7th 8th

Circle the Intramural Sport(s) your student is interested in participating in. (Make sure the dates/times listed previously for those activities will work for your family)

Girls Basketball Boys Basketball

Girl Soccer Boys Soccer

Cross Country (CO-ED) Track (CO-ED)

Girls Volleyball Boys Volleyball

Parent Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Parent Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Questions? Please reach out to the coaches listed above for each sport.

Thank you and we are so excited to work with our student athletes!