

# Get Involved!

## Monarch K-8: Interscholastic/Intramural Program

Welcome to the 2011/12 school year!

One of the major components of an excellent middle school program is to develop well-rounded students. In an effort to help accomplish this goal, we strongly encourage students to participate in the interscholastic and intramural programs offered at Monarch K-8. The following opportunities are available at Monarch K-8 and are based on grade level. Each category offered below includes a brief description.

### **Interscholastic sports (offered for 8<sup>th</sup> grade students)** throughout the school year:

Football, Girl's Soccer, Boy's & Girl's Basketball, Coed Wrestling\*, Girl's Volleyball and Coed Track\*  
\*available for all middle level grades

All students are welcome regardless of past experience/involvement. Students will participate in multiple competitions with other Boulder Valley Schools throughout the dates of the season. All competitions start at 4 pm (with exception to the last wrestling & track meets when all BV schools are involved at once) with the goal to be done by 6 pm. The goal is for all participants to experience their sport of interest equally throughout the season (not necessarily within the same game).

### **Intramural athletics (grade levels vary)** and they are as follows:

Boys Soccer (6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade)  
Girls Volleyball (6<sup>th</sup> & 7<sup>th</sup> grade)

Boys & Girls Basketball (6<sup>th</sup> & 7<sup>th</sup> grade)  
Coed Flag Football (6<sup>th</sup> & 7<sup>th</sup> grade)

All students are welcome regardless of past experience/involvement. Students will experience skill building during the 3 week practice session. The last date listed for the season will be reserved for a culminating event where multiple Boulder Valley schools will come together for a "round-robin" type competition. The goal is for all participants to experience their sport of interest equally throughout the season (not necessarily within the same game). The culminating event will start at 4 pm & will be done by 6 pm. Location will be determined after the 1<sup>st</sup> week of practice & communicated via the coach to the players.

Dates and registration packets for the above sports will be available in the main office & the Monarch K-8 website in August. A schedule will be determined after the 1<sup>st</sup> week of practice & distributed to students via the coach as well as be on our Monarch K-8 website under the athletic/activities tab.

Prior to the first day of practice all students participating in activities will be required to have the following turned in to the main office:

### **Interscholastic sports:**

- Obtain an athletic physical prior to participating in the activity.  
(A Sports Physical Health Form is available from your physician and is good for one calendar year from the date of the physical examination.)
- Provide an Athletic Waiver
- Complete a parent Permission/Athletic Eligibility Form
- Pay a \$85.00 Interscholastic Fee
- Sign Athletic Code of Conduct

### **Intramural athletics:**

- Pay a \$45 Intramural Fee
- Provide an Athletic Waiver

A current athletic physical examination is highly recommended – **not required**.

Students are reminded that no student will be denied access to an activity based on fiscal need. If you are in need of financial assistance, please contact the coach/Athletic Director. They are to use their own practice clothes (shirts, shorts, tennis shoes) & a game uniform will be provided by the school. They are expected to maintain the uniform in good condition & return it at the end of the season.

In order to make your time at Monarch K-8 a full and rich experience, we encourage you to take advantage of the activities that we have to offer. If you need further information please contact us at 720-561-4000.