



Middle School Athletics, Activities, and Intramurals

Guiding Vision Statement: Our ultimate purpose of education-based activities is growth and development which focuses on behavior, socialization, and self-realization while promoting inclusivity for our culturally diverse student population.

All students grade 6th – 8th will have an opportunity to participate in athletics and activities.

A current **KSD Physical Examination** must be completed prior to participation middle school athletics (grades 6-8). It must be dated AFTER JUNE 1ST OF THE 5TH GRADE YEAR. Physicals may be valid for 24 months from the date of the examination if all guidelines are met. This form is available at the Middle and High School building, or it can also be printed from the Kent School District Athletics and Activities webpage.

Athletics

Season 1

Co-ed Track and Field (no cut)

Girls Badminton (no-cut)

*Boys Soccer V and JV

Intramurals and Clubs

Season 2

*Boys Basketball V and JV

Girls Gymnastics (no-cut)

Intramural and Clubs

Season 3

Co-ed Wrestling (no-cut)

*Girls Basketball V and JV

Intramurals and Clubs

Season 4

Co-ed Football (no sixth-grade participation) V is 8th grade only, JV is 7th grade only.

*Girls Volleyball V and JV

*Girls Soccer V and JV

Intramurals and Clubs

**Varsity: Composed of seventh and eighth grade students.*

**JV Teams: Composed of sixth and seventh grade students.*

Intramural

The Middle School Intramural program was created to get young people in the Kent School District involved and active in recreational sports and activities.

Our offerings are designed to provide positive and safe experiences for KSD students that promote:

- Physical health and a diverse athletic skill set
- Mental wellness and confidence
- Fun and friendships

Intramurals complement existing athletic opportunities and activities offered by our community parks department, school athletic programs, and community sports organizations. Sports are inherently competitive. But Intramurals are not competitive in the following ways:

Everyone is welcome to participate. There are no cuts based on ability or experience. Playing time is not determined by a coach. Advisors will monitor contests and adjust to help ensure fairness and fun. In terms of competitiveness, intramural activities are similar to PE activities, whereas the primary goals are fun, physical activity, skill development, and social connectedness.

Each school's program should be individualized to reflect the needs and interests of all its students. The primary reason for participation is enjoyment of the activities rather than pressure to compete and win, as in athletic competition. Such an environment will enable students to extend learning of the benefits of movement, develop positive attitudes, increase self-esteem, enjoy positive social interactions, and broaden their fitness and leisure horizons.

The Athletic Director of the middle school along with the intramural advisors are responsible for setting up the days of the week and the hours that the intramurals will take place at each middle school. Each middle school is unique as to the amount of time that can be utilized after school and will vary depending on the student interest, facility availability and the advisory staff.

KSD Intramurals are about involvement and fun!

Participants have a big impact on whether we achieve this goal, so we want students to sign up. But we also expect them to come in with a positive attitude, treat everyone with respect, and show good sportsmanship. If you can meet those expectations, then you will be a perfect addition to the program!

What do I need to play?

- 2023-24 Middle School ASB Card (1 time \$25 fee). This fee may be reduced or eliminated for qualified students.
- Sports Physical – not mandatory but encouraged. The physicals are good for 2 years.
- To register for intramural participation go to [-https://kent-wa.finalforms.com/](https://kent-wa.finalforms.com/) where you will put in your emergency contact information, insurance information, and more.

Clubs

Clubs and Activities are offered on an annual basis are open to 6th through 8th grade students. Exploration into student interests can include Music, Dance, Drama, Cheer, Unified Sports, Robotics, Culinary Arts, E-Sports.