



## 2022 – 2023 INTRAMURAL SPORTS CLUB

**Goal:** Teamwork, Sportsmanship, Situational Awareness, Strategy. We will be making teams and playing against each other.

**Sports:**

Football, Kickball, Basketball, Volleyball, Ultimate Frisbee, Soccer

**Requirements:** It is essential that all players have the proper clothing for training.

- Sports Physical Form: **Due on September 6<sup>th</sup> for the fall season.**
- Appropriate shoes base on the current sport

**Fee:** \$60.00 one-time fee

### 5<sup>th</sup> – 8<sup>th</sup> Grade



**Schedule:** Friday: 3:45PM – 4:45PM  
From October to April

**Academics:**

Class work and grades are more important than after-school sports. It is important to keep up with your homework and study so that your academics don't interfere with your training. Any player whose grade falls below a C will be suspended from participation.

**Respect:**

Players are to be respectful and courteous to their teammates, coaching staff, and opposing team at all times. Use of profanity or any other type of disrespectful behaviors during practice or at games will not be tolerated. Any occurrence of this behavior by players or parents may result in dismissal from practice and/or games.

**Effort & Sportsmanship:**

- Players are expected to have a desire to improve their skills and to strive to achieve extraordinary results and individual success. This is a competitive program and the students will be trained to compete with other schools. In order to achieve extraordinary results, the team will have to put forth extraordinary effort.
- We are representing Monticello Academy when we visit other schools. Our actions and behaviors will determine how other schools and teams view us. Therefore, it is important that we always maintain a level of self-respect as well as being respectful to opposing team members and their coaches.

**Practice:**

- In order for the team to work well together, it is important that everyone attends practice regularly. It is very disruptive to the team and the dynamics of the group activities and drills when members are missing. All team members are required to attend every practice and to arrive ON TIME. If you must miss a practice session due to an overwhelming circumstance, please inform the coaches in advance. Three unexcused absences may result in the player being dismissed from the team.
- It is NOT okay for members to play while sick or injured. Team members who play under these conditions may put themselves and other participants at risk (of injuries). Play smart. If you are not feeling well enough to participate in either practice or games, have enough self-respect to sit out. Players who are too injured to participate in practice are still expected to watch and to work on modified exercises if they are able.
- Must have a T-shirt and shorts or sweats (PE uniforms are fine).

**COVID-19 Guidelines:**

- Handwashing is required before and after class.
- Windows and doors will be opened at all times when indoors.
- A water bottle, labeled with your child's first and last name, is required.
- Proof of Vaccination
- Weekly COVID Testing

**Policy:**

- Fee will be billed to your invoice.
- Fee is **Non-Refundable, Non-Transferable** and **Non-Prorated**.
- A **30-day notice** is required for any withdrawal or changes. All notices **must be e-mailed** to [attendance@monticelloacademy.org](mailto:attendance@monticelloacademy.org). The school **DOES NOT** accept any verbal notice.
- **NO Classes** during Thanksgiving Break, Winter Break, President Week, Spring Break, Holidays or Special events.
- **NO Makeups** due to weather, scheduling conflicts, air quality, or any other cancellations

**Contact:**

- Coach John @ [jhsu@monticelloacademy.org](mailto:jhsu@monticelloacademy.org)