



Nippersink Middle School Athletics

Nippersink Middle School will be participating in the Fox Valley Athletic Conference for the 2011-2012 school year.

Sports Offered and Tentative Start Dates

*indicates sport where cuts **could** be made

^ indicates sport that does not have cuts

Sports Physicals will be held at Family Medicine Specialists – 9700 Main St. Richmond, IL- 815-678-4181 - Any Friday 9-5 or Saturday 8-12 in the month of July - cost \$20.00- appointments are helpful – walk-ins are welcome - sports forms will be available at NMS or Family Medicine Specialists

<u>Fall (August – October)</u> ^ 6 th -8 th Co-Ed Cross Country-\$150.00 * 7 th – 8 th Girls' Volleyball-\$150.00	<u>Winter (October – December)</u> * 7 th – 8 th Boys' Basketball-\$150.00 * 7 th –8 th Girls' Cheerleading-\$150.00
<u>Winter (January – March)</u> * 7 th – 8 th Girls' Basketball-\$150.00 ^ 6 th -8 th Boys' Wrestling-\$150.00	<u>Spring (March – May)</u> ^ 6 th –8 th Co-Ed track-\$150.00

Requirements for Student-Athletes

1. *Current Physical (good for one calendar year)
Athlete must have physical to try out/practice!
2. Sports fee paid
3. Fundamentals of Sportsmanship Guidelines form signed by parent
4. Code of Conduct signed by student-athlete and parent



Intramurals

Intramurals will also be offered each season for 6th grade students. There may also be 7th and 8th grade intramurals if there is enough interest. The cost will be \$50 per intramural activity, and at least 20 participants must sign up to offer an intramural activity. A physical is not required to participate in intramurals. Possible offerings will be:

- Fall – Volleyball
- Winter – Boys' Basketball, Girls' Basketball
- Winter – Boys' & Girls' Fitness Club