

Track

Students at every grade level may participate in track. Competition is based on gender and grade level. The track program includes all running and field events with the exception of the discus. The javelin is replaced with the turbo javelin. There are three regular season meets scheduled along with one "All City" meet at the end of the season. The overall top five qualifiers in all events will participate in the "All City" meet.

Participation Fees

There is a participation fee of \$30 per sport. The fees are limited to \$90 per student or \$150 per family per year. Cross Country fee will be \$40 due to MWXC meet. There are scholarships available at each middle school. For more information, please contact the building Administrator (information on the back of this brochure).



Athletic Schedule

2024-2025

Volleyball	September 3 - October 13
Soccer	September 3 - October 13
Cross Country	September 3 - October 13
Boys Basketball	October 21 - December 13
Girls Basketball	January 20 - March 7
Wrestling	February 17 - April 4
Track	March 31 - May 13

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Middle School Athletics



C.S. Porter
Cougars



Meadow Hill
Mustangs



Washington
Wildcats

The MCPS Middle School Athletics program is based on middle school philosophy and best practice. Our goal is to promote participation, skill development, good sportsmanship and having fun.

Athletic Eligibility

Before students can participate in middle school athletics, he/she must meet academic requirements. To be academically eligible, students must be earning a passing grade in all subjects. Grade checks are completed the end of the first week of each season by school personnel. Students who are not eligible one week may be eligible the next, depending on classroom performance. Non-eligible students are notified and may participate in practices but not competitions. Students who are absent or are serving an Out of School suspension are not eligible to participate in practices or competitions that are scheduled on those days. Student absences for a document legal, medical, dental, or school related activity are exempt. Student academic eligibility is subject to review based on IDEA and Section 504 of the ADA.

Medical Waiver, Athletic Agreement and Concussion Form

A signed Medical Waiver, Athletics Agreement and Concussion form must be turned into the office before students can participate in athletics.

Transportation

One way bus transportation to away competitions is provided by MCPS. Parents are responsible for transporting their students home from all games. The only exception to this is if students are traveling to Lolo or Frenchtown for a contest. When this occurs, transportation will be provided back to the home school. All school behavior expectations are the same for players riding the bus. Only participating players are allowed to ride the bus.

Soccer

MCPS soccer is coeducational. 6th, 7th and 8th grade boys and girls are divided up into teams of equal ability. The season consists of practices and six to seven matches. If a player is absent the day of the match, a player of equal ability may be added from another team.

Shin guards are required to play.

Rules:

*Matches consist of two 25 minute halves with a 5 minute half time. *Substitutions are unlimited. *Boys and girls must be equally represented on the field during matches if possible.

Cross Country

MCPS Cross Country is coeducational. 6th, 7th, and 8th grade boys and girls are all able to participate in Cross Country. This sport will focus on development of running skills which include strength, speed, stamina and endurance in a fun atmosphere. Team building activities and positive self-awareness are implemented throughout the program. Athletes will be running on a variety of terrains. All ability levels welcome.

Volleyball

All seventh and eighth grade girls are encouraged to participate in volleyball. Both seventh and eighth grade girls will be assigned teams based on skill level. If a player is absent on game day, a player of equal ability may be substituted from one school team to another, if necessary.

Rules: *Rally scoring is used for all games. *The first two games are to 25 and the third is to 15. Teams must win by two points. *There are two timeouts allowed in the first two games and one in the third by each team *Once a server has put eight consecutive serves in, there will be an automatic side out to the other team. This rule does not apply in the tournament *The 7th grade serving line will be moved in 6 feet *Soft hair devices may be worn, no jewelry is allowed. Guards, casts, or braces are not allowed on fingers, hands, wrists, or forearms. *Games are played with a libero at the eighth grade

Basketball

Boys and girls basketball is open to seventh and eighth grade students only. Boys and girls have separate seasons. Both seventh and eighth grade students are assigned to teams based on skill level. If a player is absent on game day, a player of equal ability may be added from another school team, if necessary.

Rules

*Games consist of two 20 minutes halves and are played with a running clock except for the last two minutes of each half. *The referee may stop the clock at any time. *Overtime is five minutes. The first three minutes are played with a running clock while the last two minutes are played with regular clock stoppage. *Each team gets 2 one minute timeouts per half. *8th grade teams can full court press the entire game, unless they are winning by 15 points or more. *7th grade teams can full court press during the last two minutes of each half, unless they are winning by 15 points or more *8th grade teams have the option to run a zone defense *7th grade teams must play person to person defense.

Wrestling

Students in every grade level may participate in wrestling. All wrestlers compete against other wrestlers with approximately the same weight. Boys in sixth grade compete against other sixth grade boys. Seventh and eighth grades compete against each other. Girls in the sixth, seventh and eighth grades compete against other girls with approximately the same weight. There is one regular season match scheduled at each of the MCPS middle schools. An "All City Tournament" match is held at the end of the season with awards being given.

Rules: *Matches consist of three one minute periods. Wrestlers compete in a short sleeve shirt and shorts. *Soft hair device may be worn but no jewelry. *Wrestlers with braces should wear a mouth guard.