



Junior High Intramural Updates

Quarter 4:

Paperwork is due to:

Mrs. Heath room 401 on or before 3/11/24

OR

At your team meeting with your coach on Tuesday 3/12/24, meet at your field of play.

Dress out practices begin Wednesday 3/13/24

Practices are Monday to Friday from 3:30 to 4:30

You meet at your field of play.

You need to wear your PE clothes!

see next page for track dates

Tournament Practice: April 22-26

District Tournament April 29-May 8

Championship Games: May 8, 2024

Two Forms are needed:

1. [Liability Forms are now online!](#)

You only need to fill this out ONCE for the 2023-2024 school year!



2. This [assumption of risk](#) form needs to be filled out for each quarter of sport. Please fill out and leave in the basket in front of room 401. There will also be copies available in front of room 401.



Sports fourth quarter:

G/B: Track and Field-meet at track	B: Volleyball-meet at courts
G: Softball meet at field	
Practices Canceled (check back here)	On rainy days: Check back here for more info

Track Meet Dates
Dismissal 1:50
Bus 2 pm
Events start at 3 p m

Thursday 4/11/24 @ Sycamore	Thursday 4/18/24 @ Walker	Wednesday 4/24/24 Home but meet held @ Lexington
--------------------------------	------------------------------	---

District Track Finals
@Handel Stadium
Dismissal 12:15
Bus pick up 12:30
Field events start at 1:30
Running events start at 2:45

Volleyball/Softball Tournament Dates
Games start at 3 pm, 8th grade plays first
Dismissal is at 1:50
Bus 2 pm

Monday 4/29/24 Volleyball @Walker Softball @Oxford	Wednesday 5/1/24 @Orangeview	Monday 5/6/24 Tie? TBD Ox (H) If the tie is volleyball the game will be away
--	---------------------------------	---

Championship Games
Tuesday May 8th
Site TBD

Potential sites: OV, Walker, Lexington or Oxford

Danielle Heath, Room 401, heath_d@auhsd.us

See below for the junior high sports for the 2023-2024 school year.

Four (4) Seasons of Sports Calendar

Date	Boys Activity	Girls Activity
<u>Season #1</u>		
Aug. 21 - Oct. 12	Flag Football, Tennis	Volleyball
Sept. 25 - Sept. 29	Practice for Tournament	Practice for Tournament
Oct. 2 - Oct. 12	District Tournament	District Tournament
<u>Season #2</u>		
Oct. 23 - Dec. 18	Basketball	Tennis, Soccer
Dec. 4 - Dec. 8	Practice for Tournament	Practice for Tournament
Dec. 11 - Dec. 18	District Tournament	District Tournament
<u>Season #3</u>		
Jan. 8 - Mar. 1	Cross Country	Cross Country
Feb 22 nd	District Cross Country Finals	Brookhurst Park
Jan. 8 - Mar. 1	Soccer	Basketball
Feb. 13 - Feb. 20	Practice for Tournament	Practice for Tournament
Feb. 21 - Mar. 1	District Tournament	District Tournament
<u>Season #4</u>		
Mar. 11 – May 8	Volleyball	Softball
April 22 – April 26	Practice for tournament	Practice tournament
April 29 – May 8	District Tournament	District Tournament
Mar. 11 – May 8	Track	Track
May 2 nd	District Track Finals	Handel Stadium