

Campbell Middle School
Intramural Handbook
2025-2026



What are Intramurals?

A place for all students to come to participate in sports and participate in physical activity. Students are able to choose what sports or physical activity they want to participate in. Students are able to decide every day what activity they want to participate in.

What Sports/Activities Do We Offer?

Students are able to choose from team sports to individual sports, to personal fitness. They are able to play anything we have the equipment for. The sports include but are not limited to football, basketball, soccer, kickball, cheerleading, 4-square, volleyball, field hockey, handball, badminton, pickleball, tennis and disc sports.

Students can also participate in games/activities such as tag games, captains coming, 9-square, touchdown, aero disc, capture the frisbee, pin drop, and juggling.

Another option is physical activity, they can choose to jump rope, hula hoop, complete ladder drills or dot drills, and yoga.

Basic Information

They are from 8:00-8:40am Monday-Friday.

Intramurals will be held in the lower gym.

Students are to meet staff at the steps by the upper gym, and they need to be there no later than 8:05. If students show up after 8:05, they will need to report to the theater.

Students in 6th 7th and 8th grade are able to participate every day!

Staff Members who will be present are **Coach Anthony, Coach Vilanova** and **Coach Taylor**.

If you have any questions about intramurals, you can contact Coach Anthony or Coach Vilanova, emails are provided below.

Rejon.anthony@cobbk12.org

felix.vilanova@cobbk12.org

The Flow

Students will enter the gym at 8:05 and will immediately place their things on the bleachers and start walking/running around the gym. They will need to stay outside the thick blue lines. We will complete a warm-up. Then students get to play. They are able to play with whatever equipment is out. If there is something else they need/want and don't see it in the basket, they need to ask Coach Vilanova or Anthony and we will be able to get that for them. Students must show up ready to play. We will not be using the locker rooms to change!

Expectations

Students are to stay in the lower gym until they are dismissed. Do not hangout in the lobby, or the vending machines. If they have to use the bathroom, they need to ask permission. As soon as they hear the whistle, they must stop playing and go place the equipment in the basket. After they hear the whistle, they do not take another shot, dribble, or throw another pass. They must stop and pick up the gym. If students show up, they will participate. This is not an opportunity for them to just sit and talk. They are here to play and have fun!

You must be respectful to Coach Vilanova, Coach Taylor and Coach Anthony. You must be respectful of your peers. You must respect yourself.

Discipline Procedures

Students will first get a warning. If it becomes a constant issue, they will not be able to come for the next week. If it continues after they come back, they will not be allowed to return for the remainder of that semester. We are here to have fun, there is no need to ruin it for themselves or others!

Safety Procedures

The nurse arrives on campus at 9 am and there is always administration on campus in case of emergency. In the case a student gets injured during intramurals, staff trained in first aid and CPR will tend to them. If needed, emergency services will be contacted, and parents/guardians will be notified.

We have safety protocols in place for fire, tornado, and lockdown situations as well.

List of Sponsors

As of right now, we don't have any sponsors. If you are interested in sponsoring the intramurals program at Campbell Middle, please contact Re'Jon Anthony at rejon.anthony@cobbk12.org