

# GARRETT

# INTRAMURALS

## Handbook

Garrett Middle School Intramural Program is a 30-week program that provides students an opportunity to participate in activities "without a win at all cost atmosphere." Students can develop or refine skills in a variety of activities. The intramural program adds a new dimension to your child's education by improving self-esteem, stimulating other interests, and providing students the opportunity to achieve individual and team goals. While developing a sense of sportsmanship and fair play, they acquire knowledge and skills required for the future.

The goals of the Middle School Intramural program are:

- to have fun
- to provide an opportunity for students to develop sportsmanship and fair play
- to provide instruction and reinforce skills learned in the health and physical education program
- to promote an understanding and insight into the value of physical fitness for a healthy lifestyle
- to encourage all students to participate
- to give students an opportunity to have social interaction in a constructive environment

***Intramurals for the 2024-2025 school year will begin on September 3, 2024 and end on May 8, 2025.***

***Intramurals will be from 7:40am-8:40am on Tuesday, Wednesday and Thursday.***

Intramurals will allow students to participate in an array of activities such as basketball, soccer, flag football, volleyball, 4-square, badminton, corn hole, eclipse ball, etc.

### **Procedures**

Students will enter through the cafeteria doors beginning at 7:40am each morning. Upon entering the cafeteria, each day the students will be required to sign in on the attendance sheet. Students will record their first and last name, grade level, gender, and an emergency contact number. No student who arrives after 8am will be admitted into the gym and must remain with their parents until they are able to enter the building at 8:40am.

After signing in, the students will then enter the gym and leave their belongings at the front against the wall. All activities will stop at 8:35am and the last 5 minutes will be used to clean up and get students ready for the school day. At 8:40am students will leave the gym and proceed to their pod.

## **Conduct**

Participating in intramurals is a privilege, so students must follow the following guidelines listed below:

- Wear appropriate attire that follows the school dress code
- Wear appropriate footwear! NO crocs, sandals, slides, etc.
- PE safe shoes are required
- Practice good sportsmanship
- Follow the Garret PBIS expectations
- Must be participating in activities the entire time. Intramurals are NOT a time to socialize with friends.
- Phones are to stay put away in their backpacks and not visible

## **Consequences**

If a student is not following directions, displaying good sportsmanship or participating in the intramural activity for the day, they will be asked to sit out for the remainder of the time. If a student has to sit out twice, then a parent will be contacted. Once a student is asked to sit three times they will not be admitted into intramurals for the remainder of the semester.

## **Equipment Needed**

All equipment that students will need will be provided by Garrett Middle School. Students only need to make sure they have the proper attire and PE safe shoes on as well as a water bottle each day.

## **Calendar**

Please check calendar in the Gym for sports offered during that month. The calendar is subject to change.

## **Emergency Plan**

During any emergency, staff members and students will follow the proper procedure that is put in place by the school district. In the event of an injury, the student will be tended to by the staff on duty. The injury will be reported to the administrator on duty as well as the nurse and parent.

Any questions or concerns can be emailed to the Garrett Intramural director Courtney Smith at [courtney.smith@cobbk12.org](mailto:courtney.smith@cobbk12.org).

# GARRETT INTRMURALS

**SEPT**

**BASKETBALL AND BADMINTON**

**OCT**

**SOCCER AND VOLLEYBALL**

**NOV**

**FLAG FOOTBALL, CORN HOLE AND  
PICKLEBALL**

**DEC/JAN**

**BASKETBALL AND ECLIPSE BALL**

ACTIVITIES ARE SUBJECT TO CHANGE BASED ON  
STUDENT INTEREST. MAKE SURE TO CHECK PE  
BULLETIN BOARD FOR THE LATEST UPDATE!

# GARRETT INTRMURALS

**FEB**

**SOCCER AND BADMINTON**

**MAR**

**BASKETBALL AND VOLLEYBALL**

**APR**

**SOCCER AND PICKLEBALL**

**MAY**

**FLAG FOOTBALL, CORN HOLE AND  
ECLIPSE BALL**

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