

YOUNG JR HIGH ATHLETICS



SPORTS

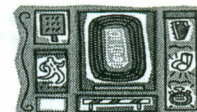
FALL AND WINTER SPORTS

- FOOTBALL
- VOLLEYBALL
- BASKETBALL
- CROSS COUNTRY



SPRING SPORTS

- TRACK AND FIELD



FOOTBALL

ONLY football players should sign up for boys' athletics.

On the first day of school, football players will report to the gym at the period shown on their schedule. This period will be a skill building time.

After school Study Hall will be 4:00p.m. – 4:30 p.m. and team time for 7th grade football will be at approximately 4:30p.m. – 6:30 p.m.

Having four 7th grade teams will help us reach our goal of playing every student.

ONLY STUDENTS
WHO WANT TO
PLAY
FOOTBALL
SHOULD SIGN
UP FOR
BOYS'
ATHLETICS



VOLLEYBALL

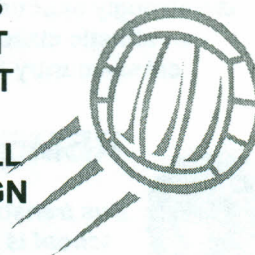
Tryouts are held within the first week of the new school year.

Approximately 48 students will make the final team.

Skill building time is during the school day and team practice is before school.



ONLY
STUDENTS
WHO WANT
TO TRY OUT
FOR
VOLLEYBALL
SHOULD SIGN
UP FOR
GIRLS'
ATHLETICS



STUDENTS SHOULD PARTICIPATE IN 2 SPORTS IF THEY PLAN TO CONTINUE ATHLETICS IN 8TH GRADE.

OFF-SEASON

Those athletes not participating in the current sport **will be** assigned to off-season.

There will be weightlifting and **EXTENSIVE RUNNING.**

Distances up to 2 miles will be run in off-season as well as sprint training. If the physical says that you are cleared for all sports then you **will be required** to participate in all off-season activities. Please consider the running aspect before signing up for athletics.



BASKETBALL

Follows the volleyball and football season. Tryouts will be held before and after school. Approximately 44 girls and 44 boys will make the final team.

Schedules will be changed as needed. Skill building time is during the school day and team practice is before and after school.

GIRLS AND BOYS WHO WANT TO TRY OUT FOR BASKETBALL ONLY, SIGN UP FOR PE.

CROSS-COUNTRY

For both boys and girls will begin in January. All workouts are held after school.

The training program is designed to condition the students to run 1 mile in competition.

We have unlimited participation in cross-country and we strongly advise any student wishing to participate in track and field to be a member of the cross-country team.

Students interested only in cross-country do not need to sign up for athletics since practice and meets are after school.



NOTE

- We strongly encourage ALL students in an athletic class to participate in cross-country / track and field.

REMEMBER....



Bus transportation to and from school is provided only during the regular school day. Games and meets are after school.

SPRING SPORTS

• TRACK AND FIELD

Begins after basketball season and lasts until mid-April.

All workouts will be held after school until 5:00p.m

We have almost unlimited participation fielding a team of 5 to 6 contestants in a full slate of events.

RUNNING EVENTS

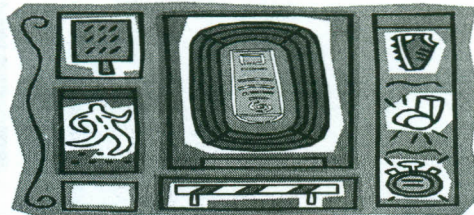
- 1600 meter run
- 400 meter
- 100 meter
- 200 meter
- 800 meter
- 110 meter hurdles

FIELD EVENTS

- Shot put
- Discus
- High jump/long jump
- Pole vault
- Triple jump



Students interested only in track and field do not need to sign up for athletics since practice and meets are after school.



SPORTS PHYSICAL

Sport physicals can be downloaded in late April at

<http://www.aisd.net/pdf/sportsphysical.pdf>

All students participating in Young Jr High athletics must have a sports physical before they can try out for any sport.

YEA BOOSTER CLUB

- **YEA Booster Club is made up of parents supporting boys' and girls' athletics at Young.**
- **Parents of 7th graders are encouraged to participate.**