

2019/2020 Extramural Program

Please complete a permission slip at your child's school for them to participate

5th Grade Schedule

Sport	Start Date	End Date
Track	September 9	September 19
Wrestling	September 30	October 10
Indoor Soccer	November 11	November 21
Volleyball	January 27	February 6
Basketball	March 2	March 12
Swimming	April 6	April 30
Flag Football	May 11	May 21

6th Grade Schedule

Sport	Start Date	End Date
Soccer	September 3	September 12
Flag Football	September 16	September 27
Wrestling	September 30	October 10
Swimming	February 24	April 2
Basketball	April 14	May 1
Volleyball	May 4	May 15
Track	May 18	May 29

Extramural Expectations

Participants need to:

- Maintain their schoolwork as well their behavior before, during, and after school.
- Attend all practices and games (please let the coach know if you have an appointment and can't attend).
- Encourage others during practices and games (put-downs are not allowed).
- Speak respectfully to each other (name calling is not allowed).
- Use appropriate language.
- Follow the game rules.
- Respect the referee's decisions during games and the coach during practices.
- Listen to the coach when he/she is teaching the necessary skills.
- Accept feedback from the coach respectfully regarding their skill and behavior.
- Leave any social issues from the school day at the door and be ready to practice.
- Use the equipment correctly.
- Be an assertive player but not an aggressive player.
- Wear appropriate gear for the activity in which you are participating (Tennis Shoes, Swim Suit/Goggles, etc.)
- Cell phones should be kept in backpacks until after practice.

In addition, we appreciate the support this program receives from the parents. We would like to take this opportunity to ask that you continue to:

- Remember this program is the beginning level for a lot of our students and therefore we are not going to be as competitive as a "traveling team". The diversity of skill level may also be present.
- Be a good role-model in positively supporting the participants (including the other team members).
- Seek out questions for the coach after the practices or games. It is not safe or the best times to have the coach/referee try to answer questions during practice or games.
- Help your child to behave during practices and games, in a way that represents the Waterloo Schools positively.