



## **Menlo School Athletics Varsity B Teams**

### **Varsity B Teams (7<sup>th</sup> and 8<sup>th</sup> grade)**

The emphasis of varsity B teams is on developing skills and team camaraderie, which are essential in building a solid athletic program. Athletes compete against other schools with commensurate ability. Sportsmanship, skill building and learning to play as a team are among the goals of the varsity B team.

### **Playing Opportunity**

Players are expected to play and are guaranteed playing time in all athletic events. Athletes who are more skilled and who show a high degree of effort and commitment will probably get more playing time in athletic events.

### **Commitment to Practices and Games**

Students are expected to commit to the sport once they have signed up for the sport. The athletic director turns in rosters and team commitments to the league immediately after sign ups. All practices are during the school day. Students need to be at all practices unless they are ill or have a pre approved academic meeting with a teacher. Students should plan on attending all scheduled games. The only reason you should miss a game is because of illness. Club practices and outside activities need to be scheduled around our school games. If there is a reason that you have to miss a game it needs to be approved by the coach and athletic director. There may be consequences for missing a game or practice. Those consequences may include sitting for a game or part of a game. If it is multiple games then there has to be a meeting with the athletic director and coach.

Please contact the Athletic Director or Coach when signing up for a sport if you have any questions regarding commitment to a specific team.

**Level of Teams**

Why do we have "A" and "B" teams? This question comes up when we stratify with "A" and "B" teams in the sixth grade in basketball and girls' volleyball.

We provide teams for every student at Menlo Middle School. Our students come into Menlo with different skill sets and experience in sports. Some students have great experience and higher skill sets, and others have no experience or skills in some sports. We want our students to have a successful season and feel that they should have fun, but also learn life lessons and experience the many facets of being on a team. Many students want to be able to play at the level that suits their commensurate ability. Our league has sixth grade "A" teams and "B" teams in basketball and volleyball. The league also offers "A" teams and "B" teams in the seventh and eighth grade. We find it important to offer teams that cater to both the more highly skilled and experienced athlete and the lesser skilled, less experienced athlete. We have found that it gives our students a better opportunity for playing time and enhances their overall sport experience by giving them more opportunities to improve their skills and confidence.