



## Menlo School Athletics

### The Sixth Grade Program

The sixth grade athletic program is designed to give students the opportunity to participate on a team at various levels of competition and commitment. We will offer as many sixth grade teams as are necessary based on the number of participants and the skill level of individual athletes. The emphasis of sixth grade sports is less on winning than on sportsmanship, building skills, learning to work as a team, and providing each player a chance to participate in structured competition. We do have some stratification in sixth grade sports when it comes to basketball and girls volleyball. We find that having "A" teams and "B" teams help students advance at a level more suited to their ability. We have many students who have not played sports and need the opportunity to learn the basics while others are more experienced or have a higher skill level and need a little bit more of an advanced teaching approach. The league also offers a program that has an "A" league and "B" league and it works well with our philosophy.

### 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.