



Menlo School Athletics

Middle School FAQs

How do students sign up for sports at Menlo Middle School?

Students sign up for each quarter of sports during one of our pe block periods. Generally students sign up for the next quarter of sports approximately 6 weeks before the next quarter begins. We want our students to hear from the coaches and to have the opportunity to think through their decisions before making their choice. We generally give a five day window to make a change if a student needs to switch their decision. This gives students the opportunity to discuss their decision with their parents and to make sure they can fully participate in the sport. Information on all sports will be published in our zip notes prior to the sign-up date.

What is the 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 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 to attend all scheduled games. The only reason a student should miss a game is because of illness. Club practices and outside activities need to be scheduled around school games. If a student has to miss a game, it needs to be approved by the coach and Athletic Director. Consequences for missing a game or practice may include sitting for a game or part of a game. If a student misses multiple games, there will be a meeting with the Athletic Director and coach.

What is the proper procedure for communicating to a coach about my child's sports experience regarding an issue with his/her playing time or an issue that is happening during the season?

Please use the 24-hour rule after a game or practice before contacting a coach. We realize that it is not always easy for a middle-school player to approach a coach, but we encourage our student-athletes to talk with the coaches about their position and place on the team. Parents should contact the coach and ask for a meeting. Please make sure it is centered on your child's experience and not on strategies or other players on the team.

Do we provide transportation for away games?

The School will provide transportation to all weekday away games that are scheduled to start before 5:00 pm. Parents will provide transportation to games that are played during the evening and weekends. The School will help provide resources for students who do not have transportation to games. Some students who live out of the immediate area will go to the house of a teammate to study or relax before a scheduled evening game.

May a student participate in a sporting event if he/she is missing school the day of the game?

A middle school student may not participate in any school- or sports-related activity on a day they are absent two or more periods of the academic day.

What is your cut policy for sports?

The middle school does not cut students from teams. We provide a spot for every student who wants to play a sport.

What are the general practice times and game times for teams?

Athletics is considered an integral part of every student's education at Menlo School. Each Middle School student is required to participate daily in either physical education (PE) classes or as a member of an interscholastic or intramural athletic team. The sixth-grade practice and physical education program runs from 1:00 pm to 2:00 pm. Seventh- and eighth-graders have athletics from 2:10 to 3:15 pm. Games are usually played after school and into the early evening depending on the sport.

Can students play two sports during the same season?

We want our students at the middle school to experience a variety of sports. There are times when we let our students try two sports or classes during the same season. This is discussed at our before the season sports meeting with our students.

What equipment do students need for each sport?

Sports equipment varies from sport to sport. The school will supply uniforms. A detailed e-mail will be sent before the season begins on what the student needs to participate in that particular sport. Required sport equipment is also on the team pages.

Who do I contact if my child has an injury or is ill and cannot practice or play?

The first person for to call for the middle school is Menlo School nurse Joan Barada at 650.330.2001 ext. 2530

Where do I find coaches information on the web?

The middle school provides coaches phone numbers and email addresses on each team page. The coach will also send an email to all the parents on their team with their contact information and an introduction to their team.

Do some teams practice and play during school breaks and before school starts during the summer?

The middle school does not practice or play games during the summer or school breaks.

Are snacks and study halls provided for students when they have after school or evening games?

The middle school does not provide snacks and or have regular study halls since practice is during the school day. We do, however, have students work or study if needed on a case by case basis. Students should bring snacks when they have after-school games.

Are there weekend games?

The middle school will occasionally have a weekend tournament and or game. Our league track meet is on the weekend.

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 more 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.

How are team rosters determined?

The Athletic Director and the coaches determine team size. The size of any squad may fluctuate to accommodate a unique situation and to benefit the majority of students.

Team rosters will be determined after an evaluation period. Every effort will be made to offer each student an opportunity to play on a team. Whenever possible, we will offer as many teams as are needed to accommodate all students interested in playing.

Coaches are encouraged to have individual meetings with athletes prior to selecting teams. The purpose of these meetings is to inform students where they stand with regard to skill, relative to other team members, and what position they will hold.

When can my child resume sports after a head injury?

California AB 25, passed into law October 2014, requires school districts to immediately remove an athlete from a school-sponsored athletic activity if he or she is suspected of sustaining a concussion or head injury. In effect from August 2015, AB 2127 is an addendum to AB 25 and requires a step-wise return-to-play protocol, including clearance after a head injury by a licensed physician trained in management and care of concussions.

Please email Joe McDonald at jmcdonald@menloschool.org if you have any additional questions and visit [Menlo School Parent/Student Athletics handbook](#).