



## VMS ATHLETICS

|               | <u>SPORT</u>   | <u>GRADE</u>  | <u>Further Information</u>  |
|---------------|--|---|---|
| <b>FALL</b>   | <b>Cross Country</b><br>Sept/Oct   | <b>Gr. 6, 7 &amp; 8 Boys and Girls Teams</b>  | - Practices start beginning of November<br>- Games start November to Mid-February   |
| <b>FALL</b>   | <b>Boys Soccer</b><br>Sept/Oct   | <b>Gr. 6, 7, 8 Boys League</b>  | - Practices start beginning of September<br>- Games mid-September to first week of November   |
| <b>FALL</b>   | <b>Volleyball</b><br>Sept/Oct  | <b>Gr. 6, 7 Boys and Girls Triple Ball</b><br><b>Gr 8 Boys and Girls Volleyball</b> | - Practice start first week of September<br>- Games will run mid Sept-end of October  |
|               |  |   |   |
| <b>WINTER</b> | <b>Basketball</b><br>Nov-Jan – Gr 7<br>Nov-Feb – Gr 8<br>Feb-March – Gr. 6 | <b>Gr. 6, 7 &amp; 8 Boys and Girls Teams</b>  | - Grade 7/8 Practices start end of October<br>- Grade 6 begins after the Gr 8 season.<br>Open gym times for Gr 6 through the winter |
|               |  |   |   |
| <b>SPRING</b> | <b>Rugby</b><br>Feb/Apr  | <b>7/8 Coed Team</b>  | - Practices start in March Season<br>Season runs April to the beginning of May  |
| <b>SPRING</b> | <b>Girls Soccer</b><br>May/June  | <b>Gr. 7 &amp; 8 Girls League</b><br><b>Gr. 6 Girls League</b>                      | - Mid May to Mid-June   |
| <b>SPRING</b> | <b>Golf</b><br>May/June  | <b>Gr. 6,7 &amp; 8 Co-Ed</b>  |   |
| <b>SPRING</b> | <b>Track &amp; Field</b><br>Mar/May  | <b>Gr. 6, 7 &amp; 8 Co-Ed</b>   | - May to June<br>Practices at Sardis Secondary<br>Mini Meets, district meets  |