

Sammy McClure Middle School Intramural Program

WHERE: McClure Middle Gymnasium
WHEN: Daily Beginning September 4, 2007
TIME: 7:15-8:15

WHAT ARE INTRAMURALS?

The word “intramural” simply means “within the walls.” Within the walls of McClure Middle we will offer a morning intramural program. The program will include team sports, active recreational pursuits and also encompass leisure activities. Winning and losing may be part of the process in some activities but the emphasis will be on participation and fun.

POSSIBLE ACTIVITIES:

<u>Team Sports</u>	<u>Active Recreation</u>	<u>Leisure</u>
Basketball	Dance	Board Games
Football	Recreational Games	Cup Stacking
Lacrosse	Fitness Walking	
Soccer	Jumping Rope	
Team Handball	Running	
Volleyball	Weight Training	

OBJECTIVES AND GOALS:

- Provide an opportunity to participate in a healthy, active, fun, social environment.
- Provide activities in a safe, supervised environment.
- Build a healthy spirit of competition, sportsmanship and teamwork.
- Develop a sense of community within the school.
- Provide an avenue for social interaction.

- Provide an environment that will encourage a healthy lifestyle and enhance physical fitness.

RULES AND INTRAMURAL CODE OF CONDUCT:

Participants will be expected to follow all of our school rules. With active physical participation and where winning and losing sometimes come into play. It is also important students realize and follow an Intramural Code of Conduct:

Participants in intramural sports will conduct themselves in such a way as to foster an atmosphere of fair play and mutual respect. Fair play allows for striving to win, but not at all costs. Each participant will agree to play within the rules of the game. Mutual respect demands that every player and adult supervisor be treated with dignity and respect.

WANT TO BE INVOLVED? HERE ARE THE DETAILS:

- Sign in from 7:15am to 7:30am
- Wear appropriate footwear and clothing
- You may change in the locker room if necessary
- If you come you must participate
- You must stay in the intramural until the activities for the day are over and you have been dismissed.
- You must abide by school rules and our Intramural Code of Conduct
- Bring some positive energy and be prepared to have fun.

Joel Sullivan
Sammy McClure Middle
Intramural Coordinator