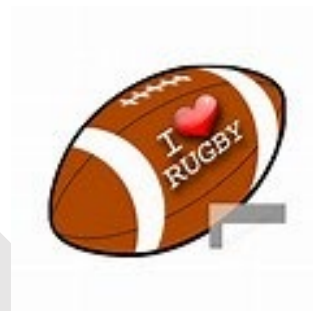
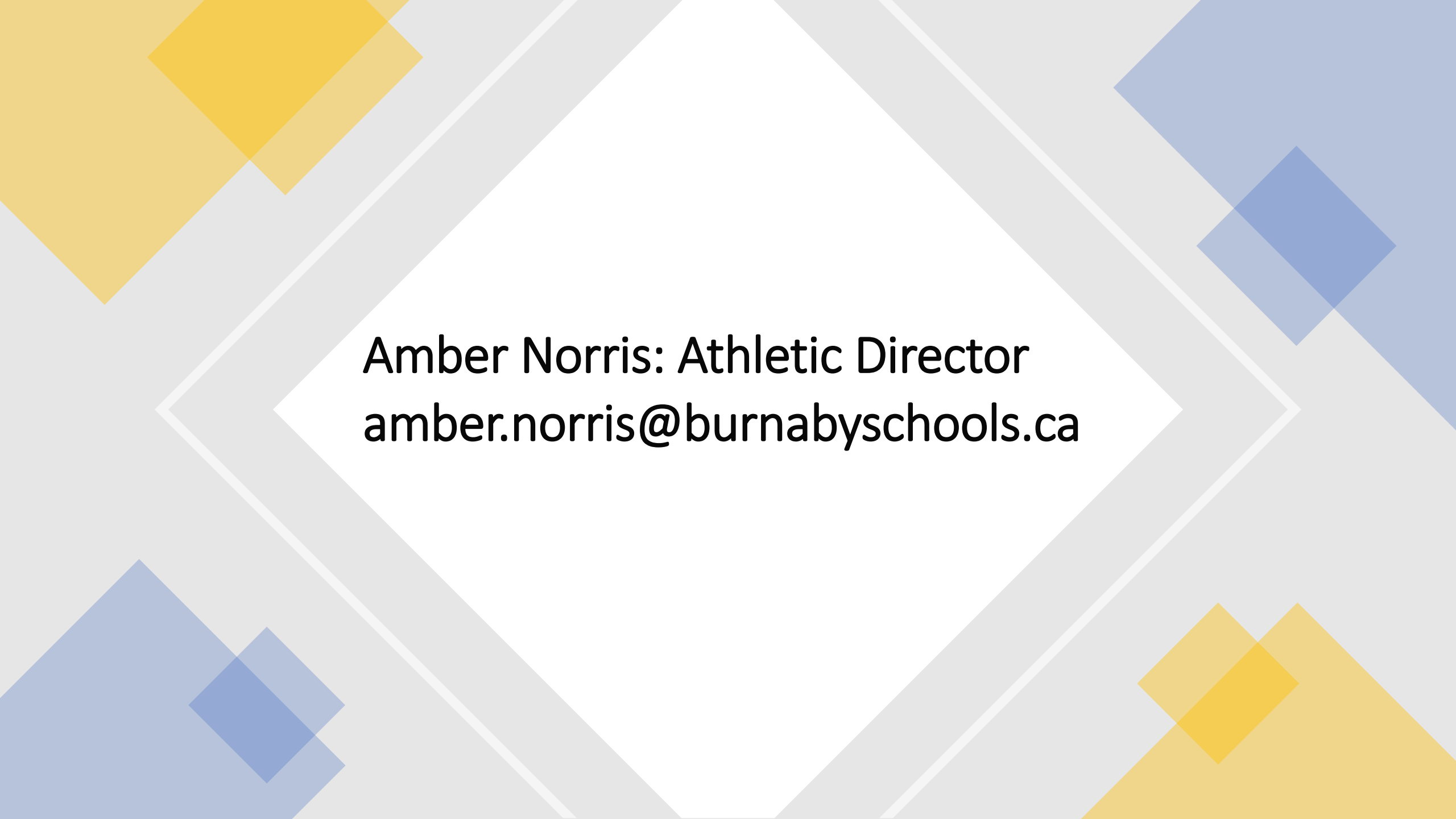




ATHLETICS DEPARTMENT INFORMATION SESSION 2023





Amber Norris: Athletic Director
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SPORTS OFFERED AT ALPHA

FALL SEASON (SEPTEMBER – NOVEMBER):

- **JUNIOR RUGBY**
- **GIRLS' VOLLEYBALL (8-12)**
- **BOYS' VOLLEYBALL (10-12)**
- **BOYS' SOCCER (8-12)**
- **SWIMMING (8-12)**
- **CROSS COUNTRY (8-12)**

SPORTS OFFERED AT ALPHA

WINTER SEASON (DECEMBER – FEBRUARY):

- **BOYS' AND GIRLS' BASKETBALL (8-12)**
- **BOYS' AND GIRLS' GYMNASTICS (8-12)**
- **BOYS' AND GIRLS' SKIING (8-12)**
- **BOYS' AND GIRLS WRESTLING (8-12)**

SPORTS OFFERED AT ALPHA

SPRING SEASON (MARCH – MAY):

- **BOYS' RUGBY (JR. AND SR.)**
- **GIRLS' SOCCER (JR. AND SR.)**
- **GIRLS' NETBALL (JR. AND SR.)**
- **BOYS' AND GIRLS' TRACK AND FIELD (8-12)**
- **BOYS' AND GIRLS' GOLF (8-12)**
- **BOYS' VOLLEYBALL (8-9)**
- **BOYS' AND GIRLS' TENNIS (8-12)**
- **BOYS' AND GIRLS' BADMINTON (8-12)**
- **BOYS' AND GIRLS' MOUNTAIN BIKING (8-12)**
- **BOYS' AND GIRLS' ULTIMATE FRISBEE (8-12)**
- **BALL HOCKEY (8-12)**

- STUDENTS HAVE THE OPPORTUNITY TO PLAY WITH THEIR FRIENDS, MAKE NEW FRIENDS, AND LEARN ABOUT TEAMWORK
- THEY ARE ALSO OFTEN COACHED AND MENTORED BY OLDER STUDENTS



STUDENTS GET TO EXPERIENCE
COACHING AND HONE THEIR
LEADERSHIP SKILLS



INTRAMURALS

- **Intramurals are sports/activities played at lunch time**
- **They are open to ALL STUDENTS regardless of age, gender, or ability**
- **The teams are mixed in regard to gender and ability**
- **There is a 'season' and then playoffs**
- **All students need to do to participate is sign up**
- **It's an excellent way for students to meet new people and try out a new sport**

INTRAMURALS

POSSIBLE INTRAMURAL 'SEASONS':

- **Volleyball**
- **Basketball**
- **Indoor soccer**
- **Dodgeball**
- **Badminton**

***The activities vary from year to year depending on student interest**

SPORTS

Council



WHAT IS SPORTS COUNCIL?

This is a council of student who meet once a week to organize and plan for sports and intramurals

WHO CAN JOIN SPORTS COUNCIL?

Anyone and everyone! Any student in any grade can be a part of the Sports Council at Alpha.

WHAT DO THE MEMBERS OF SPORTS COUNCIL DO?

- **Scorekeeping, timekeeping, score sheets, line refereeing at games and intramurals**
- **Refereeing games for younger students and/or for intramurals**
- **Setting up and tearing down for games and intramurals**
- **Organizing the sign-up and the teams for intramurals**
- **Brainstorming and organizing sports/activities for students for lunch time**
- **Help to create and organize advertising for sports and intramurals**
- **Help me...a lot!**
- **Have fun...a lot!**





THANK-YOU!