



## BELMONT DAY

# Sports Selection Form

### Athletics Participation

With a focus on creating healthy habits and active lifestyles, the middle school athletics program seeks to prepare students for their future athletic opportunities through skill development and competitive play, while also building character and promoting self-confidence through its team-oriented approach.

### Schedule

Athletics takes place Monday through Thursday from 3:15 to 4:30 p.m. and is a required component of the school's curriculum. Students are expected to participate to the best of their ability on a daily basis, and all out-of-school commitments should be made in accordance with the athletics schedule.

FALL	WINTER	SPRING
<input type="checkbox"/> Boys' Soccer	<input type="checkbox"/> Boys' Basketball	<input type="checkbox"/> Boys' Lacrosse
<input type="checkbox"/> Girls' Soccer	<input type="checkbox"/> Girls' Basketball	<input type="checkbox"/> Girls' Lacrosse
<input type="checkbox"/> Flag Football	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Ultimate
<input type="checkbox"/> Field Hockey	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Tennis
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Fencing	<input type="checkbox"/> Track & Field
<input type="checkbox"/> IGA*	<input type="checkbox"/> IGA*	<input type="checkbox"/> IGA*

*\*A minimum of two seasons of interscholastic sports is required. Students can only choose IGA (Intramural Games and Adventures) one season per academic year.*

Print Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

### Athletics Waivers

Students are eligible to apply for an athletics waiver one season per academic year if they exhibit exemplary skill in a sport that Belmont Day does not offer. A [form detailing the policy](#) and its requirements is located on the website. Please contact John O'Neill if your child is planning on applying for a waiver.