

Garden City Athletics Department

Middle School to High School Sport Transition

Section VIII offers four sport seasons of participation for middle school students in order to provide more opportunity and to assist in identifying their strengths and preferences in sport.

| Middle School Fall | Middle School Winter I | Middle School Winter II | Middle School Spring |
|---|--|--|---|
| Boys & Girls Cross Country Football Boys & Girls Soccer Field Hockey | Boys Basketball Girls Volleyball Boys & Girls Winter Track | Boys Volleyball Wrestling Girls Basketball | Baseball Boys & Girls Lacrosse Boys & Girls Track & Field Gymnastics Softball |

At the **HIGH SCHOOL** level, Section VIII only offers **THREE** sports seasons as evidenced below.

| High School Fall (August-November) | High School Winter (mid-November-February) | High School Spring (March-June) |
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| Boys & Girls Cross Country Football Boys Varsity Golf Boys and Girls Soccer Field Hockey Girls Swimming/Diving Girls Tennis Girls Volleyball Boys Volleyball | Boys & Girls Basketball Boys & Girls Bowling Boys & Girls Fencing Rifle Boys Swimming/Diving Boys & Girls Indoor Track Wrestling Gymnastics | Baseball Girls Varsity Golf JV Golf Boys & Girls Lacrosse Boys Tennis Girls Badminton Girls Softball Boys & Girls Track & Field |

Middle School to High School Sport Transition Facts:

1. 9th graders will now have to make a choice between sports.
2. For example: in the high school fall season, **girls** must choose between cross country, field hockey, soccer, swimming, tennis and volleyball. In the high school winter season, **boys** must choose between basketball, bowling, fencing, rifle, swimming, winter track and wrestling.
3. The high school fall sports season always begins in AUGUST prior to the start of school. All student-athletes must attend all tryouts and practices all week to be eligible to play. Exact dates will be available soon.
4. College coaches want athletes to be well rounded athletically. It is to your benefit to play three sports.