

# 2019-20 Rensselaer Central Middle School Sports

Rensselaer Central Middle School offers sports to all 3 grade levels. All Student Athletes must meet the general requirements of the athletic department including:

- Physical – Performed any time after 4-1-19 and it is good for entire 2019-20 school year
- First time Athletes at RCSC – Registration on **Final Forms** and completion by Parents and then Athletes of all required forms prior to start date
- Return Athletes – Parents and Athletes login into Final Forms to Update information and completion of all required forms prior to start date

Pages 1 and 2 of the Physical will be turned into the Athletic Department. All other forms will be completed on Final Forms. Due to the nature of some team sports such as Volleyball or Basketball, tryouts may be necessary and a spot on the team is not guaranteed. Athletes must also meet all other possible RCMS eligibility requirements.

<b>Fall</b>	Football	7 <sup>th</sup> Team – Comprised of all 6 <sup>th</sup> graders and most 7 <sup>th</sup> graders. 8 <sup>th</sup> Team – Comprised of all 8 <sup>th</sup> graders and possibly some 7 <sup>th</sup> graders that are physically, mentally and socially capable of 8 <sup>th</sup> grade football.
	Volleyball	6 <sup>th</sup> Team – Comprised of all 6 <sup>th</sup> graders 7 <sup>th</sup> Team – Comprised of all 7 <sup>th</sup> graders 8 <sup>th</sup> Team – Comprised of all 8 <sup>th</sup> graders
	Cross Country	All 6, 7 and 8 graders will comprise one MS Boys team and one MS Girls Team
	Cheerleading	All 6, 7 and 8 graders will comprise the Cheer Team at Football and Boys Basketball

<b>Winter</b>	Boys Basketball	6 <sup>th</sup> Team – Comprised of all 6 <sup>th</sup> graders 7 <sup>th</sup> Team – Comprised of all 7 <sup>th</sup> graders 8 <sup>th</sup> Team – Comprised of all 8 <sup>th</sup> graders
	Girls Basketball	6 <sup>th</sup> Team – Comprised of all 6 <sup>th</sup> graders 7 <sup>th</sup> Team – Comprised of all 7 <sup>th</sup> graders 8 <sup>th</sup> Team – Comprised of all 8 <sup>th</sup> graders
	Wrestling	All 6, 7 and 8 graders will comprise one MS Team
	Swimming	All 6, 7 and 8 graders will comprise one MS Team

<b>Spring</b>	Track	All 6, 7 and 8 graders will comprise one MS Boys team and one MS Girls Team
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## **\*\*\*Start Dates for Middle School Sports\*\*\***

<b>Fall</b>	Football	7 <sup>th</sup> Team – 8-12-19 8 <sup>th</sup> Team – 8-12-19
	Volleyball	6 <sup>th</sup> Team – 8-19-19 7 <sup>th</sup> Team – 8-19-19 8 <sup>th</sup> Team – 8-19-19
	Cross Country	Both Teams – 8-12-19

<b>Winter</b>	Boys Basketball	6 <sup>th</sup> Team – 10-21-19 7 <sup>th</sup> Team – 10-29-19 8 <sup>th</sup> Team – 10-29-19
	Girls Basketball	6 <sup>th</sup> Team – 10-21-19 7 <sup>th</sup> Team – 12-9-19 8 <sup>th</sup> Team – 12-9-19
	Wrestling Team	– 1-13-20
	Swimming Coed Team	– 2-3-20

<b>Spring</b>	Track Both Teams	– 3-16-20
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