



# ATHLETICS PROGRESSION CHART

## JR. SCOTS TO VARSITY

### JR. SCOTS

Grades Pre-K through 6th participate.

Skills Academy Sports:

- Baseball
- Basketball
- Soccer
- Softball
- Track Club
- Ultimate Frisbee
- Volleyball

Coaches/instructors hired by athletics department.

League Sports:

- Basketball (2nd-6th)
- Soccer (Pre-K-6th)

Fundamentals are taught by Parent-Coach Volunteers.

One practice per week (one hour)

One game per week (one hour)

Look for equal playing time

### ML SPORTS

Grades 7th and 8th participate.

Sports offered:

Fall Season

- Cross Country
- Soccer (boys)
- Softball (girls)
- Volleyball (girls)

Winter Season

- Basketball
- Swimming & Diving

Spring Season

- Baseball (boys)
- Golf
- Soccer (girls)
- Tennis
- Track and Field

Coach is hired by athletics department.

Competes in MAAC Conference.

More competitive play

4 days a week practice/games

Practice attendance is required.

Playing time not guaranteed

Possible post season/championship rounds

### UL SPORTS

Grades 9th-12th participate.

Sports offered:

Fall Season

- Cross Country
- Softball (girls)
- Volleyball (girls)

Winter Season

- Basketball
- Swimming & Diving

Spring Season

- Baseball (boys)
- Golf
- Tennis
- Track and Field
- Soccer

Coach is hired by athletics department.

Competes in GHSA Association

Jr. Varsity and Varsity level

Very competitive play

5 times a week and some weekends

Practice/game attendance required

Playing time not guaranteed

Possible postseason and championship rounds.