



Junior High Intramural Updates

Two Pages-Please read both pages

Sports:
 Boys Basketball
 Girls Soccer
 B/G Cross Country

Quarter 3

See below for cancellations

7/8th Girls FFootball-Sandra Armstrong	Room 903
7th Boys Volleyball-Elva Arias	Room 901
8th Boys Volleyball-Jose Hernandez	Room 902
7/8 Girls Tennis: Randy Douthat	Room 904
Rotation Coach: Yvonne R.	Rotate through the rooms

Tuesday January 6, 2026

Wednesday January 7, 2026

Meet your coach, turn in forms

Practice begins Thursday January 8th

Practices are Monday to Friday from 3:30 to 4:30

You meet at your field of play.

You need to wear your PE clothes!

[Link to coaches and their email.](#)

To Sign Up:

Liability Packet:

Only fill out once for the year



Assumption of risk form:

Once per quarter- you need one for each sport you play.
 Turn in to your coach



Tournament Dates

Games are from 3-5 unless there is overtime, please plan accordingly

Games start at 3 pm, 8th grade plays first

Flag Football both games start at 3 pm

Tennis starts at 3 pm

2/18/26 OA @ Ball	2/24/26 Brookhurst @ OA	2/25/26 OA @ South	2/26/26 Walker @ OA
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Practices Canceled:

Unless canceled, on rainy days:
7th 8th Football 903
7th Volleyball - 901
8th Volleyball-902
Tennis-904

Danielle Heath, Room 401, heath_d@auhsd.us



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See below for the junior high sports for the 2025-2026 school year.

INTRAMURAL SPORTS SEASON DATES 2025-26

<u>SEASON #1</u>	<u>DATES</u>	<u>BOYS SPORTS</u>	<u>GIRLS SPORTS</u>
Season Dates	Aug. 18th to Oct. 10th		
Start Dates	Aug. 18th to Sept. 19th	Boys Basketball	Girls Soccer
Team Practice	Sept. 22nd to Sept. 26th	Cross Country	Cross Country
Games/Tournament	Sept. 29th to Oct. 8th		
X-Ctry Championships	October 2nd, 2025	@ Brookhurst	@ Brookhurst
Dead Period	Oct. 13th to Oct. 17th		
<u>SEASON #2</u>	<u>DATES</u>	<u>BOYS SPORTS</u>	<u>GIRLS SPORTS</u>
Season Dates	Oct. 20th to Dec. 19th		
Start Dates	Oct. 20th to Nov. 21st	Boys Flag Football	Girls Volleyball
Team Practice	Dec. 1st to Dec. 5th	Boys Tennis	
Games/Tournament	Dec. 8th to Dec. 16th		
Dead Period	Dec. 22nd to Jan. 2nd		
<u>SEASON #3</u>	<u>DATES</u>	<u>BOYS SPORTS</u>	<u>GIRLS SPORTS</u>
Season Dates	Jan. 5th to Feb. 27th		
Start Dates	Jan. 5th - Feb. 6th, 2025	Boys Volleyball	Girls Flag Football
Team Practice	Feb. 10th to Feb. 17th		Girls Tennis
Games/Tournament	Feb. 18th to Feb. 25th		
Dead Period	Mar. 2nd to Mar. 6th		
<u>SEASON #4</u>	<u>DATES</u>	<u>BOYS SPORTS</u>	<u>GIRLS SPORTS</u>
Season Dates	Mar. 9th to May 8th		
Start Dates	Mar. 9th to April 17th	Boys Soccer	Girls Basketball
Team Practice	April 20th to April 24th	Track	Track
Games/Tournament	April 27th to May 6th		
Track Championships	April 30th, 2026	@ Cypress	@ Cypress
Dead Period	May 11th to May 15th		