



Lawrence Grassi Middle School
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Grade 7 and 8 parents

This year your child has the opportunity to try out for school teams. As athletic directors we strive to accommodate all children within extracurricular program which relies heavily on volunteer parent coaches.

To help you decide whether or not this optional athletic program is right for your child we have put together a list of activities and potential costs. Please be aware the costs are estimates and the time commitment can vary.

Volleyball Teams; grade 7 and 8 teams practice anywhere from 2-3 times per week for 1.5 hours + per session. Grade 8 teams may travel up to 4 away tournaments sometimes requiring hotel and transportation fees ranging from 80 to 150 per weekend. There is one home tournament for grade 7 and one for grade 8 students. Although there are no entry fees for our home tournaments parents are expected to help provide a lunch room for officials. Transportation to games within our school board costs are included in the team fees. Typically, volleyball cost for grade 7: \$50.00 and grade 8: \$100.00. A uniform deposit cheque is required and will be returned at the end of the season when the uniform is handed back.

Basketball season: starts late November to early December and follows a similar training schedule. We are not able to predict practice dates and times in advance as that is subject to the availability of the community coaches. Grade 7 students participate in one home tournament and Grade 8 students can anticipate travelling up to 3 away tournaments. Away tournament costs are in addition to the regular season fees and can run between 80- 150 per weekend. Basketball fees tend to be higher than volleyball because the season is longer and referees are required at all league games and tournaments. Grade 7 fees can run \$65 per 4-month season and grade 8's is closer to \$100. A uniform deposit for this activity is required.

Badminton is a very short season and all students are required to have their own racquet to participate. Students have an opportunity to play for free on Tuesday evenings starting in January and teams are selected in March. Practices are twice per week with one home tournament and the possibility of one zone championship. Badminton fee's run around \$40.00 for the season and include a white competition required t-shirt.

Track and Field season begins in May and offers students two possible competitions. We host a Zone qualifier and we attend the zone meet in Calgary. The cost for this season usually runs around \$10.00.

Cross Country Running is a school wide program open to all students. The zone race in October require parent volunteers and usually cost between 5 and 7 dollars per student.

There are many programs that run throughout the year and are free of charge and open to all students. These include special sport days, winter festival races, intramurals and early morning gym programs.

Payment for athletic programs are typically required at the beginning of the season when then number of athletes per team is established and costs are divided amongst the athletes. Once the season has started there is no opportunity for refunds.