

INTRAMURALS 2011 - 2012

This year intramurals will run on Tuesdays and Wednesdays after school until 3:30 PM. At that time, students should have a ride or be prepared to walk home.

All students, not involved in the interscholastic program in that sport, are encouraged to participate.

STUDENTS MUST HAVE A PARENTAL PERMISSION SLIP (located in the Student-Parent ADL Handbook) in order to participate in ADL Intramurals this year!!!!

Even if students don't want to participate in the 1st offering this year, it is a good idea to have this permission on file at ADL

Learning new skills, refining old skills, safety, and fun are the goals of the program, which is an extension of the Physical Education Curriculum at ADL. Students will be introduced to the skills during their Physical Education classes and have the opportunity to further develop, refine and test these skills after school!

Please contact ADL Physical Education Teachers Ruth Dunkley McGowan or Ashley Stebbins for more information on the program at 878-1388 or use email.

Mt. BIKING/ WHIFFLE BALL/ ROLLER BLADING (GRADES 6 – 8))	Sign Up Activity	September 6th September 13th - October 12th
FLAG FOOTBALL (GRADES 7 – 8)	Sign Up Activity	October 4th October 18th - Nov 16th
GYMNASTICS WT TRAINING (GRADES 6 – 8)	Sign Up Activity	November 15th November 29 – Dec 20
VOLLEYBALL (GRADES 6 – 8)	Sign Up Activity	December 20 January 3 rd – January 25th
BASKETBALL (GRADES 6 – 8)	Sign Up Activity	January 14th January 31 st – February 15 th
FLOOR HOCKEY (GRADES 6 – 8)	Sign Up Activity	February 21st March 13 th - April 4 th
CIRCUS SKILLS/ FRISBEE GOLF	Sign Up Activity	April 2 nd April 10 th – April 18 th

STUDENTS MAY SIGN UP BY TEAMS OR AS INDIVIDUALS. ALL STUDENTS ARE ENCOURAGED TO PARTICIPATE!

We hope to see you here!

