



Intramural sports - The major goal is to have fun and make positive memories while keeping active! The intramural sports program will develop physical fitness, enhance positive competition, develop positive character, and give opportunity for leadership building. Students in grades 4-12 will have a chance to sign up for intramural Ultimate Frisbee in the fall as well as intramural soccer in the spring. Team captains help to instruct those with no previous knowledge of the sport as well as develop unity amongst the team. There are 5 "Fair Play Rules" that we follow:

1. Give everyone an equal chance to participate.
2. Respect the rules which will be discussed in advance.
3. Respect officials and their decisions.
4. Respect opponents.
5. Maintain self-control at all times.