

Something you couldn't do in elementary school was participate in team sports. In middle school you can play any sport that you enjoy. There are sports that you try out for, don't have to try out for, and intramurals. Intramural sports are sports that you don't have to try out for and you don't compete against other schools. There are four seasons to play sports in: fall, winter, winter 2 and spring. However, you can only play a certain sport in a season. For example, in winter 2, you can only play either seventh/eighth grade boys volleyball, seventh/eighth grade girls basketball or seventh/eighth grade boys wrestling. There are about nine sports you can play throughout the school year. If you play a sport for the first time and you're not so good at it, keep trying your hardest and practice. You'll probably make new friends when you take up a sport.

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Sports! It's something that you have to commit to so don't sign up for a sport and then not show up to practices, because then not only will you suffer but so will your team. Again, it's all about commitment.

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In Merrick Avenue there are many different sports teams to play on, but some teams are offered limited to specific ages and genders. In the fall there is soccer, football, and cross-country for both seventh and eighth grade boys and girls. In the fall, tennis is offered to the eighth grade boys and cheerleading and kick line for the eighth grade girls. In winter season 1 there is girls volleyball and boys basketball. Then in winter 2 you switch and there is boys volleyball and girls basketball along with wrestling. Then the most fun comes, the spring season. In the spring you can play lacrosse, softball, baseball, track, or tennis, but this is only for the eighth grade girls. While playing on a sport team you get to meet many new people who are interested in the same things that you are. You also get the opportunity to clear your mind of all of the work and studying you have done in class.

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Most incoming seventh graders are interested in doing sports. There are about nine different sports a seventh grader can do and about thirteen different sports an eighth grader can do. Eighth graders have more sports, because seventh graders cannot do cheerleading, kickline, or tennis. You may only join one sport each season and try out for only one sport if it is a tryout team. A sport is only a tryout sport if there are too many kids trying out for the team. Some sports, like football, lacrosse, track, and cross-country will always be a walk-on sport. Tryout sports are really fun, mostly because the team isn't as big and everyone gets along really well. At the end of the season everyone is like a big family. Doing a sport requires skill and practice. Good luck trying out!

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One thing all upcoming seventh graders should consider is joining a sport. Some sports are walk-on so even if you're not that athletic, you can still do a sport. One thing to

remember about sports is to be on time and prepared for all practices and games. Coaches notice this and it makes a good impression. Also, always try your best. Even if you're not that athletic, if you try your best, it really shows. Doing a sport is a great experience and it is a great way to get involved at MAMS.

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It is great to be involved in sports. Extracurricular activities will look good on your papers when you get to high school. Just be sure to manage your time. You can easily overwork yourself in middle school. It's important to always think about your schoolwork first. Once you start missing homework it will affect your grade immensely. Before you go to your sport you should also go to extra help since you have the time in between school and your activity.

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Friends are something that we all love but here in MAMS you may find something athletically that you love even more. Football and baseball are sports that we all know and love. If you are a fellow athlete entering Merrick Avenue then you can participate in extracurricular activities. Merrick Avenue has a great sports program. They offer a variety of sports and clubs, such as football, volleyball, basketball, wrestling, soccer, and much more. Sports are not only fun, but also they keep you in shape. Practices usually start at 3:30 and end at around 5:00; that way you can make the 5:15 bus home. Each sport has its own season. There is fall, winter, and spring seasons. Sports are also a great opportunity to make friends and meet more people.

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One thing kids need to know is that if they are planning to do any sports, make sure that you go to the meeting to sign up. Also if kids are going through a tough time getting through the hard sports, don't give up. You especially shouldn't give up in football because in the beginning it is hard. But you can do it. Don't give up! Keep on going! In football there is going to be some tough times but fight through it! Fight through the pain and the emotion! In the locker room, get changed and get out; don't joke around. If you do there is a possibility to get kicked off the team. And in sports be really nice to the coaches because they are donating their time to make sure that you have a good team.

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In Merrick Avenue Middle School, you should know a few tips before you try out for a sports team. First you should get really good at the sport you are trying out for. You also need to have a great attitude and work really hard. You should also prepare for the sport a few weeks or months before your tryout comes. Hopefully these tips help you make the MAMS RAMS.

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When many sixth graders think about trying out for a sport, they are really scared and do not know what to expect. Don't worry about it! There will be announcements on the loudspeaker telling you when the signup meetings are, and when tryouts are. In addition, there will be posters around the school telling you the information. Most tryouts or practices end at 5:00 so students are able to make the 5:15 late bus. If you are unable to make a practice or tryout, you should tell your coach to let them know you will not be there so they will not be looking for you. Last, to try out, you will need a medical history form, which must be returned to your coach or the nurse. You will also need an updated physical to be allowed to play or try out, which means you need a physical within a year of the tryout. So plan a physical soon if you would like to play a sport.

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Something that can concern some new seventh graders is sports. In middle school you have to try out for the sport (unless it is walk-on). One thing that you must not do at tryouts is fool around. The coach does not like when kids fool around and do not take the sport seriously; if you fool around, your chances of making the team will be less likely. Another thing you should do to make the team is practice a lot before the tryouts. Practice every day for 30 minutes or more and increase your endurance because in most sports you have to run. These things will definitely increase your chance of making the team.

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For all you athletes out there trying out or looking forward to getting on a walk-on team, there are many sports in Merrick Avenue. In the fall you can play football, soccer, track, and in the winter you can play basketball, wrestling, volleyball, and in the spring you can play baseball, lacrosse, and track. These are the sports of Merrick Avenue. Try hard during the tryouts and don't mess around. Coaches take that as a first impression and will already think you are not mature enough to play middle school sports. Also, you should really become friends with the teachers that are the coaches because they might see how good you are in class and then like you so much that they want you on their team. Do you think you can do it? Well all you can do is try your best and hope to make it.

Sports are very fun; they keep you out of trouble and are also fun if you are good at them. Have fun and play; smart athletes try hard to succeed in getting on the team, so don't fool around during games and practices. Coaches could kick you off the team. But the worst of all is they don't think you are mature and will not let you play. To play on a team first you need papers and a doctor's note to make sure that you don't have any medical conditions where you can be injured. It's horrible when you don't make the team in seventh grade, but you tried your hardest. You have to look at the bright side: in eighth grade, you get another chance to make it so you can try even harder and know exactly what is wanted of you. It happens to everyone.

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Everyone should think about joining a sports team. There are so many sports to choose from. There is soccer, lacrosse, track, volleyball, basketball, and so many

more. By joining a sport team it can help you stay healthy. The coaches also have a way of working in training while having fun and staying fit. You can also build lifelong friendships in sports. By being on a sports team, it can help you find people that have the same interests as you.

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Will I make the team? Will the coach like the way I play? As an athlete you have to try your hardest and not fool around at the tryout. There are many sports you can play at Merrick Avenue Middle School, such as soccer, basketball, volleyball, track and field, and much more. Not all these sports are walk-on; that means that you really have to put a lot of effort into getting on the team. You must stay focused at the tryout and be serious; the coaches want leaders on the team. When you are on a sport team it helps being in NJHS (National Junior Honor Society). When being on at least four sports teams throughout your two years at MAMS, it gives you more of a chance to be in NJHS. These tips should help you better prepare for being on a sport team.

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School may be very overwhelming, and one of the most popular ways to get your mind off them is sports. If you're into sports and deciding whether or not to try out for a sport, go for it. Sports are a great thing to do during the year. Coaches, who are also teachers in the school, don't only look for talent; they look for dedication and honor to having a spot on the team. Also, during tryouts you should have a good attitude and take the coaches' tips. They also look for a coachable kid. Sports run from 3:00 to 5:00 and you can take the 5:15 bus home. You can play soccer, football, and track in the fall, but boys can play tennis. They separate winter into two seasons. During Winter One, girls can play volleyball and boys can play basketball. In Winter Two, girls can play basketball and boys can play volleyball and wrestling. The spring consists of the most sports to choose from. Girls can play softball, tennis and lacrosse; boys can play baseball and lacrosse. Also both boys and girls can play track. Sports are a great thing to do in school.

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Instead of taking the regular bus home, MAMS has a very athletic and competitive sports program for the students after school. There are many teams that students could try out for. If the team you want to try out for has cuts, you should always remember to try your best at all times and know your strengths and weaknesses in that particular sport. Sometimes there are sports that do attract more kids than are needed on the team to play. If that happens, the coach of the team will have to make cuts to have the best players on the team and the right number of players play. One key to making a team with cuts is to try your hardest during tryouts. A coach always likes a kid who puts their best foot forward. If you don't put effort into your tryout the coach might think that you are only there to do something after school for a few days, or to goof around. Some teams have a variety of positions that you have the option of trying out for. Before trying out for a team with a variety of positions, you should know what position you want to play if you make the team. Since you should have some experience in a particular sport before trying out, knowing your best position shouldn't be so hard. Sports teams at school could get very competitive. You

need to make sure to just have fun.

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Every new seventh grader should consider doing a sport. If you're going to join a sport, make sure you're always prepared. By being prepared you will know that you will always be ready. Also make sure that you try your hardest, because coaches at MAMS like to play kids that try. If you're going to do a tryout team you should practice every day. By practicing you could do better in your tryouts and make the team.

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Physical fitness is essential to having a long, healthy life. Physical Education is meant to be fun for students and they should enjoy it. Students in middle school get a grade on having the right clothes and participating in gym. Some middle school students do not follow that rule and sit out every gym class in the year! Now how are you supposed to be fit if you do that? If you intentionally wear the wrong clothes for gym every time and you're missing it because you want to, then that is bad. If you are not exercising at all during the whole school year, then your body will start to fall apart. Wearing the right clothes and participating during the gym class is essential to having a good year in Physical Education.

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One of the good things about coming to MAMS from an elementary school is that you get to try out for a sport. Before middle school you would have to go out of school to be on a sport team. Now all you have to do is come to a meeting and fill out some forms. Then you should practice, practice, practice; if you want to make the team, you have to try your best. Also if you happen to make it, don't get in trouble. Before you start practice every day you have to wait at the athletic study hall. If you get in trouble there you will most likely be benched for the next game. So if you're looking to play sports, some things to keep in mind are to try your best and put your best foot forward.

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Kids join sports to enjoy playing the game, make new friends and have a lot of fun! Some of these friends that you make can be friends forever. If you're going to join a sport, join one that you are good at. As you can see, playing a sport is a good way to make friends. When you play you should have fun and try your best. If you try a lot you will have so much fun. Having fun is a great way to be good at something and to make new friends!

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Everyone should do sports. Choosing to play sports is a great choice on many people's part. Doing sports can help you make friends. People often say playing or even trying

out for a sport has gotten themselves new friends. Participating in sports can also look good on your resume. Having sports on your resume makes you look like a well-rounded person. When doing a sport, always try your best. Working hard will bring you closer to becoming a starter or better player. Making friends and having a good resume are only a few good outcomes from doing sports.

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Joining a sports team is very difficult. But students are always encouraged to try. When someone tries out for a team, they try their hardest. Most coaches will notice your hard work and might help your chances of making the team. Also, try to make a commitment to your sports team. If you don't make a commitment, you will not play and your coach won't like you. Plus, if you do try to go to all the practices and games, you will be better at the sport you are playing.

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Sports are a lot of fun at MAMS. They are a great way to make new friends and get exercise. At MAMS, there are a lot of different teams to participate on. Some teams are tryouts, while others are walk-on. While deciding whether or not to try out for a team, keep in mind that it won't be the end of the world if you don't make the team. Even if you don't think you'll make the team, try out anyway and work really hard during the tryouts. Listen to everything the coach says and try your best. The most important thing to keep in mind is having fun and improving. If you do make the team you try out for, make you that you stay organized with your work and you don't let your grades fall behind. It may be difficult or hard to adjust at first, but getting home later and having homework to do will become an everyday thing. You will soon adjust to this easily, and it won't be as hard. However, just because you make a team doesn't mean that you can stop working hard in practices. Many middle school students have found that they have improved greatly during the beginning of the season to the end. If you don't make a team, don't worry about it. You will still be able to work on your skills and play in eighth grade or later on in high school. However, definitely DO NOT get discouraged. No matter what, keep trying and keep working on getting better, on a middle school team or not. However, the most important thing while on a school team besides getting better is having fun and staying organized.

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In Merrick Ave. you should not only do well in school; you should also try out for the school sports teams. Many students are afraid to try out because they don't think they are good enough to make the school sports team. As a student that made a Merrick Avenue sports team and a student that did not make a school team, just try out because you have nothing to lose if you do. If the coach does not put you on their team you always have next year to get better. Another trouble is playing in the school sports games. People say it is a huge deal to play in the games, but don't worry; it is not. Just play your best. Always respect your coach and do your best in practice because then you will get a fair chance to play in the games. Sixth graders, don't worry, try your best and you will make the team at Merrick Ave.

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Many students' favorite part about school is the sports. They have many sports, like girls and boys soccer, boys football, cross-country, track, volleyball, softball/baseball, tennis, wrestling, and lacrosse. Try out for any sport you want! Try new things. If you don't like softball, try out for soccer. It doesn't matter whether you make it or not; just have fun while doing it. If you don't make it onto a team then just try out for something else, but don't ever give up! Also remember it's not as scary as it seems!

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You might be wondering how to get involved in a sport. Tip one: find something you're good at. Maybe you can get to the next level by challenging yourself so you can shine to show what you have; maybe you will achieve your goal to be successful.

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Many graduating sixth graders wonder whether they should play sports. If you decide to play a sport, you wonder which one. No matter what sport you play, be dedicated and ready to work hard. All teams practice five days a week. Some teams even practice on Saturday and days off. Also, hand in your forms on time. If you don't hand it on time, you will miss the first few practices. Make sure you hand in your physical form, emergency contact card, and medical history form. The more time you have to play the sport, the more time you have to get better and meet more people. Just remember, sports can be difficult but they are very fun.

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Kids wonder what the sports are and what they are like. MAMS has many different sports teams like baseball, basketball, football, soccer, and much more. Since MAMS has so many sports teams, it's a good way to get exercise. Some of the teams you need to try out for, like baseball, basketball, and soccer. For all the teams, you need to practice and work extremely hard. Sports are an excellent activity that MAMS offers.

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In your elementary school, there were probably 100 kids in your grade, give or take. But once you hit Merrick Avenue Middle School (MAMS), all of a sudden there are over 600 kids in your grade! (Try not to get lost in the shuffle.) So how can you make new friends if there are so many kids in your grade? The number one way to find new friends is to join a club or sport. Sports are a great way to get to know kids in your grade because you're hanging out with them every day after school. So find a sport you like, and jump on the team.

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After sitting in school for six hours straight, you probably can't wait to get on the

field to play your favorite sport. During winter, spring, and fall, the school gives you a change to try out for all kinds of sports such as lacrosse, baseball, football, cheerleading, track, soccer, kickline, and basketball. A lot of people say that the sports that they play are more fun to play outside so you can get some air and run around the fields. If in the beginning of the year you have a lot of work to do so you can't do an outside activity, you can wait until the spring when they are doing all kinds of fun sports. You won't miss out even though you have work to do.

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Sports are a big part of MAMS. Thousands and thousands of students try out for a sport every semester. Football is one of the major sports that people play in MAMS. The great thing about football is that it is a walk-on sport. What is that you say? A walk-on sport is a sport that you can get on without even trying out for it. So you brag about being a tough guy. But sports like football aren't only for picking up dates; it's also for making friends.

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At Merrick Avenue Middle School, trying out for a sport is so much fun and a great experience. It is a very big commitment when trying out for a sport, you have to go to the tryouts, bring appropriate clothes and work hard. Before tryouts start, you should train yourself and work on your skills so that you do well. If you make the team you will know that all your hard work paid off. Every day before practice there is athletic study hall; this is where you go to the lunchroom and wait for your coach to pick you up; it's a great time to get started on your homework or study. During practice always pay attention to the coach and do what he or she says. Then when you get to game time you will have so much fun, but never forget your uniform or any equipment.

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When coming to Merrick Avenue Middle School, and considering joining a sport, there are some things you should know. One is dressing appropriately for practice and tryouts. All coaches want you to look sporty and athletic, not fashionable and stylish. When trying out for a team, first impressions are important, and the first thing coaches see is your appearance. T-shirts and athletic shorts are asked for; spaghetti strap tank tops and "short shorts" are not what coaches look for. Another important thing is trying your best. When it comes to games, tryouts, and practices, you are expected to try your hardest and give 100% all the time. You must remember, when we play other schools, your performance is what represents our school. So when it comes to sports, look appropriate and try your best.

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Each season the school has a different sport going on. For example, in the fall we have soccer and cross-country. In winter one we have basketball for boys and volleyball for girls. In winter two we have basketball for girls and volleyball for boys, and we also have wrestling. In the spring we have a lot of sports. We have track, lacrosse, softball, baseball, and tennis. Sports aren't always the easiest to make



though, so you must practice and stay in shape. Without practice there will be a slim chance that you will make the team. Once you start practicing you will definitely make the team! Lastly, to make a sport you must do well in school because sports are very time-consuming. Also, before you make a team the teachers always look at your grades to make sure you are doing well in your classes, so you must do well in school. Sports start at around 3:30 and end at around 5:00. Overall, sports are really fun and they are a great way to make new friends.