

# INTRAMURAL PROGRAM

EXPLORING THE BENEFITS AND EXCITEMENT OF SPORTS

RAYBURN MS

MS. LIMA

## A stylized illustration of a badminton racket. The racket has a red head and a light blue frame. The strings are dark blue. The racket is positioned diagonally across the frame. The background is a white grid with a red circle in the top left corner.

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- A stylized illustration of a badminton racket. The head of the racket is red with a dark blue grip. The frame is dark blue. The feathers are light blue with dark blue outlines. The racket is positioned diagonally, pointing towards the top right. A small red circle is visible in the bottom right corner.



# WHAT'S IN STORE FOR STUDENTS?



## Variety of Sports

Soccer, Football, Volleyball, Pickleball,  
Badminton, Ultimate Frisbee and Kickball.

## Positive Social Interactions

Meet New Friends, Positive Social  
Interactions, Student Collaboration.

## Flexible Format

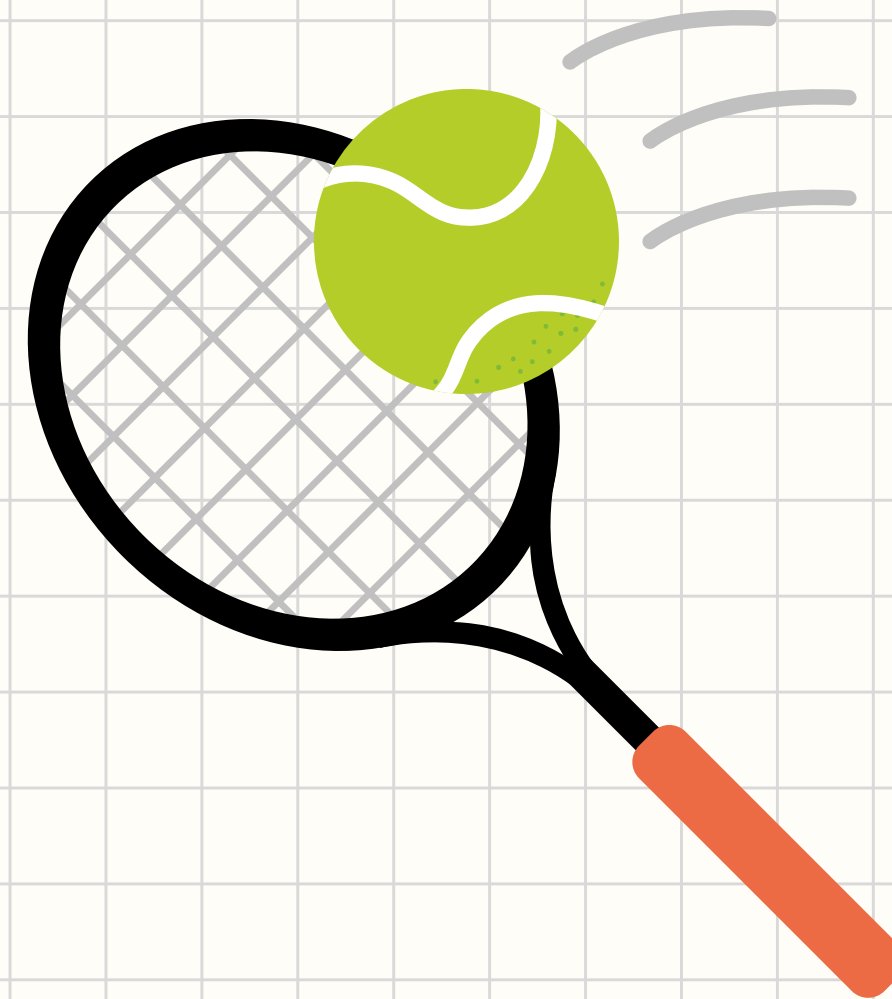
Activities can be short, Flash  
Tournaments.

## Leadership Opportunities

Refereeing & Scoring Skills, Coordinating  
Games.

# WHY JOIN?

- LOW PRESSURE
- BUILDS CHARACTER
- SUPPORTS THE TRANSITION TO COMPETITIVE SPORTS



# INTRAMURALS GUIDELINES



- You need a permission slip from Ms. Lima and it needs to be returned BEFORE playing.
- We will meet in E202 right after school on the dates listed.
- You will receive an after school Intramural Hall Pass from Ms. Lima once your permission slip is returned.
- We will play tournaments for medals on dates to be determine.
- You must be picked up by 5:45pm
- Teams will be formed depending on attendance that day.
- Teams are co-ed (boys and girls mixed) and mixed grade levels (6-8th)
- Poor behavior will not be tolerated and asked to leave.
- WE ARE HERE TO HAVE FUN!



# INTRAMURALS GUIDELINES



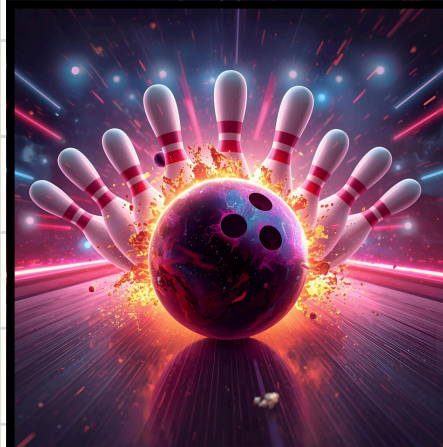
## Schedule and Length

- 28 Days of Programming
- 2 hours per day
- 2 days per week for 14 weeks
- Consistent attendance will keep you in the program.
- No office referrals during participation in the program. You can be removed.
- Days to attend Tuesdays and Wednesdays. (It can change if required).
- CANNOT be picked up later than 6pm. (emergencies will be taken in consideration, but not everyday.)

# SPORTS SCHEDULE

START DATE: OCTOBER 20TH

END DATE: MARCH 4TH



CHECK IN: ROOM 202

TIME: 4:00PM TO 5:45PM

DAYS: TUESDAY & WEDNESDAY

OCT 21, TUE  
OCT 22 WED  
OCT 28, TUE  
OCT 29, WED

NOV 5, WED  
NOV 11, TUE  
NOV 12, WED  
NOV 18, TUE  
NOV 19, WED

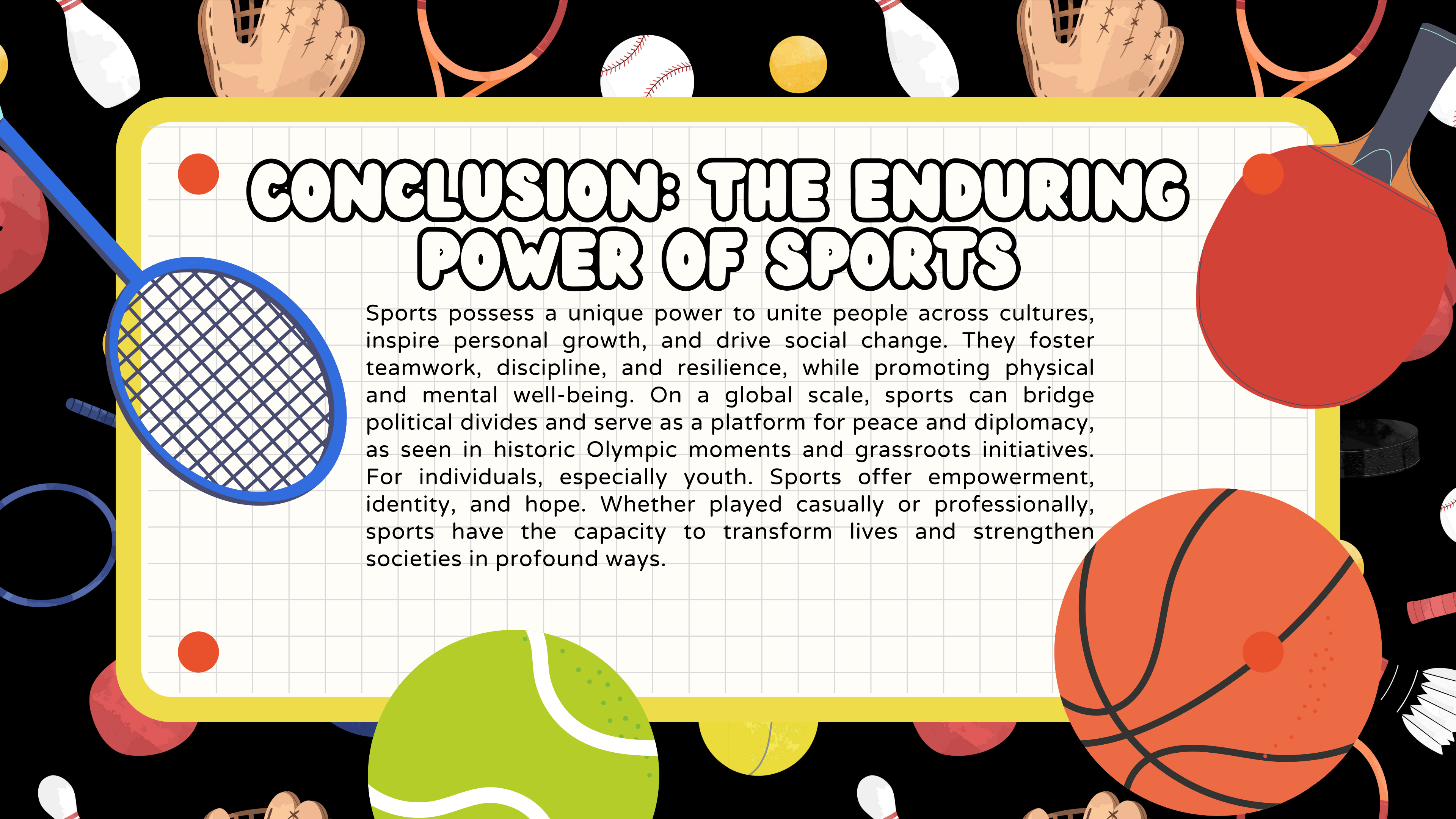
DEZ 2, TUE  
DEZ 3, WED  
DEZ 9, TUE  
DEZ 10, WED  
DEZ 16 TUE

JAN 13, TUE  
JAN 14, WED  
JAN 20, TUE  
JAN 21, WED  
JAN 27, TUE  
JAN 28, WED

FEB 3, TUE  
FEB 4, WED  
FEB 10, TUE  
FEB 11, WED  
FEB 17, TUE  
FEB 18, WED  
FEB 24, TUE  
FEB 25, WED

MAR 3  
LAST DAY





# CONCLUSION: THE ENDURING POWER OF SPORTS

Sports possess a unique power to unite people across cultures, inspire personal growth, and drive social change. They foster teamwork, discipline, and resilience, while promoting physical and mental well-being. On a global scale, sports can bridge political divides and serve as a platform for peace and diplomacy, as seen in historic Olympic moments and grassroots initiatives. For individuals, especially youth. Sports offer empowerment, identity, and hope. Whether played casually or professionally, sports have the capacity to transform lives and strengthen societies in profound ways.