

ULMS ATHLETICS INFORMATION

Upton Lee Middle School is a member of the Middle Georgia Middle School Athletic Association (MGMSAL). We offer Football, Volleyball, Cross Country, Cheerleading, Softball, Basketball, Wrestling, Baseball, Golf, Track and Field, and Soccer at the middle school level. All students who try out for an athletic team must have a sports physical on the GHSA approved physical form and a completed RankOne account. The directions for completing a RankOne account are on the ULMS school website under athletics. Free physicals will be offered in April each year for the upcoming year.

To be eligible for athletics a student must be passing 3 of 4 academic classes in the preceding semester, be enrolled in Upton Lee Middle School, and demonstrate appropriate behavior at all school events.

Fall Sports: (Eligibility is determined in May)

Football

Football is offered to 7th and 8th grade boys. Practices begin after the "GHSA Dead Week" which is the week of July 4th. All students will need cleats, mouthpiece, and a football girdle. Spring practice is available for current 6th and 7th graders in April/May.

Football Cheer

Football cheerleading is offered to 7th and 8th grade students. Tryouts are in April/May. Practices are held in June and July.

Cross Country

Cross Country is offered to 6th-8th grade boys and girls. Students run a 2-mile course and practice begins in July. Students will need a good pair of running shoes.

Volleyball

Volleyball is offered to 6th-8th grade girls. Tryouts are held in April/May. Team camp and practices take place in June and July. Knee pads and good athletic shoes are recommended for tryouts.

Softball

Softball is offered to 6th-8th grade girls. Tryouts are held in April/May. A glove is required and cleats are recommended for tryouts. Practices begin after the "GHSA Dead Week" which is the week of July 4th.

Skills and Fitness Club

Skills and Fitness Club is offered to 6th grade boys who intend to play other sports during their middle school years. Emphasis will be on basic skills for all sports, agility, mental toughness, sportsmanship, and work ethic. This will be treated like a sport and limited to 25 students.

Winter Sports: (Eligibility is determined in December)

Wrestling

Wrestling is offered to 6th-8th grade boys and girls. Students will be wrestling based on weight classes, not by grade level or gender. Tryouts will be held in October. If a student makes the team they will need to purchase wrestling shoes.

Basketball

Basketball will be offered to boys and girls in 6th-8th grade. Tryouts will be held in October.

Basketball Cheer

Basketball cheerleading will be offered to 6th-8th grade students. Tryouts are in October.

Spring Sports: (Eligibility is determined in December)

Baseball

Baseball is offered to 6th-8th grade boys. Tryouts are in January/February. Students must have a glove to try out. Cleats are recommended for tryouts.

Track and Field

Track and Field is offered to 6th-8th grade students. Tryouts are in January/February. Students will try out for specific events. Coaches will help students select events that best fit their abilities.

Soccer

Soccer is offered to 6th-8th grade students. Conditioning will begin in December/January and tryouts will be held in January/February. Soccer cleats are recommended for tryouts.

Golf

Golf is offered to 6th-8th grade students. Students do not need a set of golf clubs to try out but will be required to have their own set if they make the team. Tryouts will be held in February/March. Practices are held at Raintree Golf Course and students must have their own transportation to practices.

For any questions you can contact:

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