



HEDGES ATHLETICS

WHAT YOU NEED TO KNOW!



PE CLASS

5 Classes/cycle

4 Movement periods in gym

-students expected to change into appropriate clothes and shoes (shorts, sweats, leggings, t-shirt, athletic shoes)

1 Health period in classroom

-students need a duo tang and a writing utensil

CO-CURRICULAR SPORTS

*see table

ATOMIC (Beginner), TIER 2 (Developmental), Tier 1 (Competitive)

*Students of any grade can play at any level

Jerseys provided

GYM CALENDAR

Monthly

Locations: Hedges Website (Athletics tab), bulletin boards in and outside gym

*lists all Athletics activities for the month

INTRAMURALS

Offered every day at lunch (11:50 – 12:30)

Open to all grades

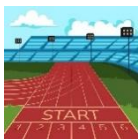
Combination of tournaments, low organized games and open gym

OUR MISSION

*TO PROVIDE QUALITY
DAILY PHYSICAL EDUCATION
AND AN ENRICHING EXTRA
CURRICULAR PROGRAM
TO OUR STUDENTS.*

	SPORT	DATES	LEVELS	PRACTICES	GAME PLAY	SPECIAL NOTES
	CROSS COUNTRY	September	All grades *Compete against grade level & gender	2/week	3 Division Meets	Locations Sturgeon Heights Beaudry Park
	VOLLEYBALL	September to November	*All grades Atomic Tier 2 Tier 1	Atomic 2/week Tier 2 2/week Tier 1 2-3/week Morning and after school practices <i>*Atomic has 1 at lunch</i>	Atomic 2 tournaments Tier 2 5 Matches Preseason, Final Divisional Tournament Tier 1 10 Matches Final Divisional Tournament	Extra tournaments TBD Atomic Tournaments played at Sport for Life Games played for Tier 2 and Tier 1 are either at Hedges or other division schools.
	BASKETBALL	Late November to Mid-March	*All grades Atomic Tier 2 Tier 1	Atomic 2/week Tier 2 2/week Tier 1 2-3/week Morning and after school practices <i>*Atomic has 1 at lunch</i>	Atomic 2 tournaments Tier 2 5 Matches Preseason & Final Divisional Tournament Tier 1 10 Matches Final Divisional Tournament	Extra tournaments TBD Atomic Tournaments played at Sport for Life Games played for Tier 2 and Tier 1 are either at Hedges or other division schools.

COCURRICULAR SPORTS

	SPORT	DATES	LEVELS	PRACTICES	GAME PLAY	SPECIAL NOTES
	BADMINTON	Mid-March to Early May	*All grades Atomic Tier 2 Tier 1	Atomic 2/week Tier 2 2/week Tier 1 2-3/week Morning and after school practices <i>*Atomic has 1 at lunch</i>	Atomic Hedges Fun Tourney Tier2 Pre-Season & Final Tournament Tier 1 Exhibition Matches Final Tournament	Tier 2 Division tourney at Sport for Life Tier 1 Division Tourney @ George Waters and St. James Collegiate
	TRACK	May	All grades *Compete against grade level & gender	Practices for each event TBD	Division Meet	U of M