

McKelvie Intramural Sports QUARTER TWO November 6, 2017 - January 19, 2018

Coordinator Contact: Mrs. Susan Cavanaugh – cavanaughs@sau25.net

1. 6TH GRADE FLOOR HOCKEY: Tuesday Mornings, 7:20–8:20am

(Max participants: 25)

This activity is being offered to all students of all ability levels. For this activity we will be playing pickup games. Based on level of play teams may be formed. This intramural starts at 7:20am in the gymnasium and will end at 8:20am. Five minutes will be given to change into school clothes for morning recess. Students are to be dropped off at the County Road glass doors, exit number 5. Students should come dressed in proper athletic clothing for inside play.

Equipment: All equipment for Floor Hockey will be provided with the exception of any goalie equipment. All equipment brought in by students must be inspected and cleared by Mr. Chapman before use, no exceptions.

Instructed by Mr. Chapman – chapmanw@sau25.net

2. 5TH GRADE FLOOR HOCKEY: Wednesday Mornings, 7:20–8:20am

(Max participants: 25)

This activity is being offered to all students of all ability levels. For this activity we will be playing pickup games. Based on level of play teams may be formed. This intramural starts at 7:30 am in the gymnasium and will end at 8:20 am. Students should come dressed in proper athletic clothing for inside play.

Equipment: All equipment for Floor Hockey will be provided with the exception of any goalie equipment. All equipment brought in by students must be inspected and cleared by Mr. Chapman before use, no exceptions.

Instructed by Mr. Chapman – chapmanw@sau25.net

3. YOGA: Wednesday, 3:30-4:30pm

(Max participants: 16)

Katherine Laurendeau with Let's Play & Namaste is a certified children's yoga instructor and 200RYT certified. She will be offering a quarterly after school yoga class for McKelvie students. These classes will incorporate cardio conditioning, fun music, stories, games & crafts while teaching the kids the benefits of traditional yoga: poses, meditation, breathing techniques, peace and mindfulness. For more information on children's yoga please [visit www.letsplaynamaste.com](http://visitwww.letsplaynamaste.com) or <https://www.facebook.com/LPNyoga>

Prompt pick-up at the County Road canopy area is expected at 4:30 pm.

Instructed by: Mrs. Laurendeau - Katherine@letsplaynamaste.com

4. **NEW!! 5TH & 6TH GRADE INTRO TO WRESTLING:** Mondays, 3:30-4:30pm

(Max participants: 24)

For students who have little or no experience with wrestling, this activity will provide an introduction to the sport. These sessions will incorporate instruction, drills, and games to learn the basic rules and technique of wrestling. This club will meet in the gymnasium at 3:30pm. Students should come dressed in proper athletic clothing for inside play. **Prompt pickup at the County Road Canopy is expected at 4:30pm!**

Equipment: Wrestling shoes and headgear are encouraged but not required. Socks will be required in lieu of wrestling shoes (no shoes other than wrestling shoes will be allowed on the mat).

Instructed by: Mr. Hinton

Q2 SOCCER IS FULL

5. **INDOOR SOCCER:** Tuesdays, 3:30-4:30pm, **QUARTER 2 INDOOR SOCCER (ONLY) STARTS TUES, OCTOBER 31ST AND RUNS FOR 5 WEEKS. SEE DATES BELOW.**

(Max participants: 24)

Come and play indoor soccer with the professionals at GPS NH. Indoor soccer is open to both boys and girls of all abilities. Players will enjoy some fun technical exercises with the professional coaches as well as some small-sided soccer games to finish each session. Players should bring a drink of water, indoor shoes and be dressed to play, players should also bring a soccer ball and wear shin guards. GPS will bring all other soccer equipment. **Prompt pickup at the County Road Canopy is expected at 4:30pm!**

IMPORTANT: Quarter 2 Indoor Soccer starts and runs on a slightly different schedule than the other Q2 intramural offerings and therefore will meet for 5 weeks on the following Tuesdays: 10/31, 11/7, 11/14, 11/28, 12/5

Instructed by: GPS NH Coaches