



## Athletic Communication 2025-26

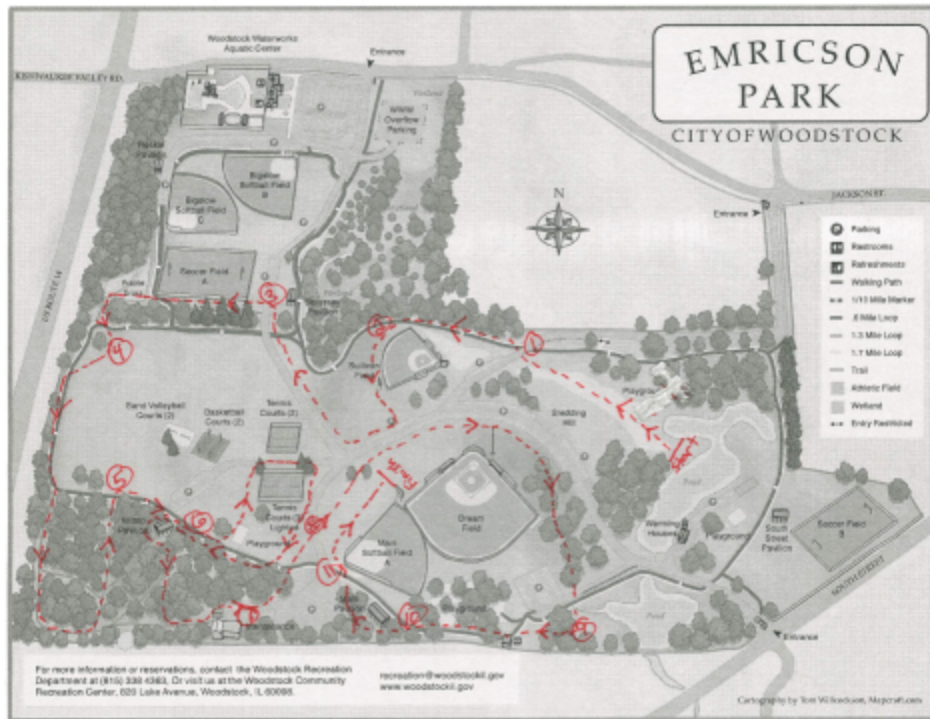
### Week of October 6th:

#### Cross Country 6th-8th:

Upcoming Meets:

Monday, October 6th Conference Tournament at Emricson Park

MEET SCHEDULE	
Walk the course	1:30 PM
COACHES MEETING	2:15 PM
GIRLS JV OPEN	2:30 PM
BOYS JV OPEN	Race 2
BOYS and GIRLS Varsity Open (Combined)	Race 3
6th/7th Grade GIRLS JV	Race 4
6th/7th Grade BOYS JV	Race 5
Varsity GIRLS	Race 6
Varsity BOYS	Race 7
Awards	Immediately After Race 7



## Boys Basketball:

Mark your calendars-Any 7th or 8th grade boy interested in playing basketball, tryouts are Wednesday, 10/15 and Thursday, 10/16 at Nippersink Middle School from 3:05 -4:30 pm. Please meet in the library after school. A current physical must be on file in the nurse's office prior to tryouts.

## Cheerleading:

Mark your calendars-Any 7th or 8th grade girl interested in cheerleading, tryouts are Tuesday, 10/14 and Wednesday, 10/15 at Nippersink Middle School from 3:05 -4:30 pm. Please meet in Room 209 after school. A current physical must be on file in the nurse's office prior to tryouts.

## Week of September 29th:

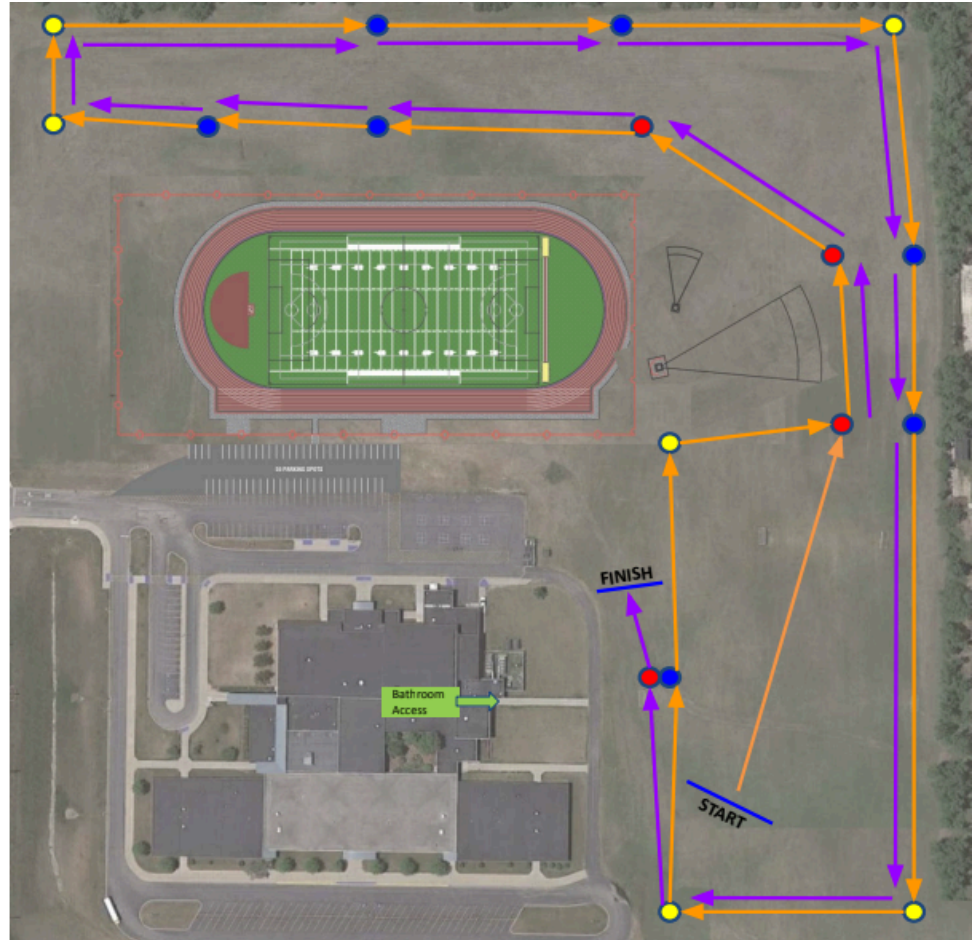
### Cross Country 6th-8th:

Upcoming Meets:

Tuesday, September 30th at McHenry Middle School at 4:00 pm

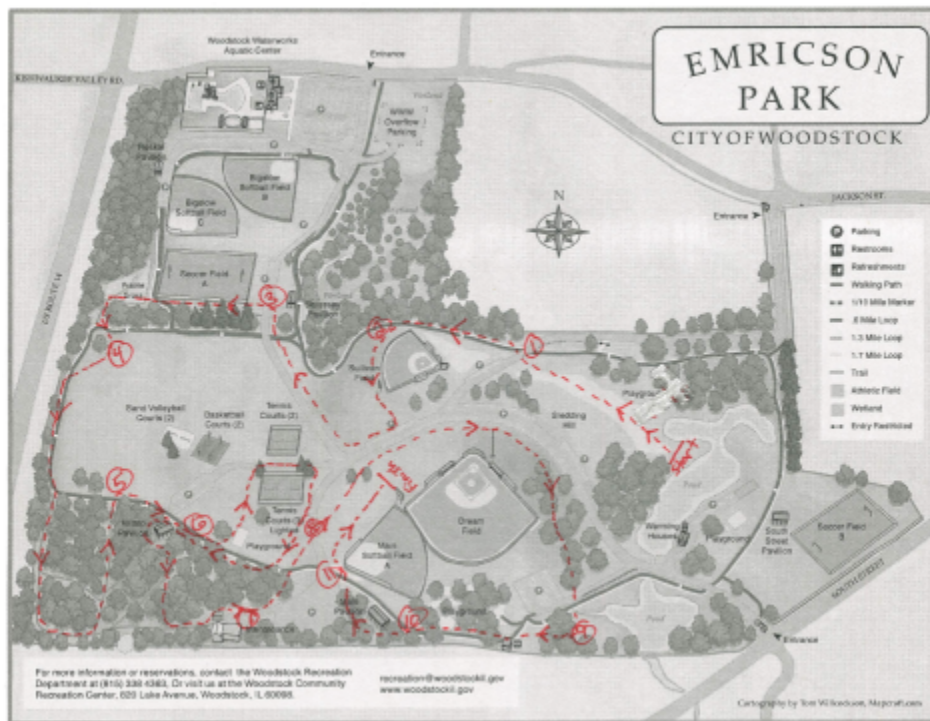
Once the start occurs, they have two loops. The finish line will veer off to the left for the finish.

## McHenry Middle School 2 Mile Cross Country Course



Monday, October 6th Conference Tournament at Emricson Park

MEET SCHEDULE	
Walk the course	1:30 PM
COACHES MEETING	2:15 PM
GIRLS JV OPEN	2:30 PM
BOYS JV OPEN	Race 2
BOYS and GIRLS Varsity Open (Combined)	Race 3
6th/7th Grade GIRLS JV	Race 4
6th/7th Grade BOYS JV	Race 5
Varsity GIRLS	Race 6
Varsity BOYS	Race 7
Awards	Immediately After Race 7



**Volleyball 7th-8th:**

Upcoming Matches:

Monday, September 29th HOME vs. Parkland at 4:00 pm

Wednesday, October 1st AWAY vs. Johnsbury at 4:00 pm

Saturday, October 4th AWAY Conference Tournament (Seed as of 9/26/25 highlighted with two matches left to play, so may change)

**7th grade at Marlowe Middle School:**

**Fox Valley Conference  
2025 7th-Grade Girls Volleyball Tournament**

**Marlowe Middle School  
9625 Haligus Rd.  
Lake in the Hills, IL, 60156**

**Date and Times:**

Saturday, October 4, 2025

**#4 North** vs. #5 South – 8:00 a.m. – Court 1

#4 South vs. #5 North – 8:00 a.m. – Court 2

#3 South vs. #6 North – Immediately following on Court 1

#3 North vs. #6 South – Immediately following on Court 2

#1 South plays winner of pigtail – After prelims on Court 1

#1 North plays winner of pigtail – After prelims on Court 2

#2 North seed plays winner of pigtail – After 3 vs 6 game on Court 1

#2 South seed plays winner of pigtail – After 3 vs 6 seed game on Court 2

Championship game – Court 1

3rd Place Game – Court 2

\*A 20 minute break will occur at approximately 11:15 AM to provide tournament staff with a lunch break. (Break start times may shift slightly depending upon game finish times.)

**Admission:**

Students- \$2.00 Adults- \$5.00 Military/Seniors- FREE  
CASH ADMISSION ONLY

**Concessions:**

CASH only concessions will be available during the tournament.

**8th grade at Lundahl Middle School:**

**Fox Valley Junior High School Conference  
8<sup>th</sup> Grade Girl's 2025 Volleyball Tournament**

**Lundahl Middle School  
560 Nash Rd  
Crystal Lake, IL, 60014**

**Date and Times:**

**Saturday, October 4, 2025**

#4 North vs. #5 South – 8:00 a.m. – Lower Gym (Game 1)

#4 South vs. #5 North– 8:00 a.m. – Upper Gym (Game 1)

#3 South vs. #6 North – Immediately following on Lower Gym (Game 2)

#3 North vs. #6 South – Immediately following on Upper Gym (Game 2)

#1 South plays winner #4N vs #5S – Lower Gym (Game 3)

#1 North plays winner #4S vs #5N – Upper Gym (Game 3)

#2 North seed plays winner #3S vs #6N – Lower Gym (Game 4)

#2 South seed plays winner #3N vs #6S – Upper Gym (Game 4)

Championship game – Lower Gym

3rd Place Game- Upper Gym

\*A 20 minute break will occur at approximately 11:30 AM (after game 4) to provide tournament staff with a lunch break. (Break start times may shift slightly depending upon game finish times.)

**Admission:**

Students- \$2.00 Adults- \$5.00 Military/Seniors- FREE

**CASH ADMISSION ONLY**

**Concessions:**

**Cash** Concessions Available

## **Week of September 22nd:**

### **Cross Country 6th-8th:**

Upcoming Meets:

Monday, September 22nd AWAY at Lippold Park at 4:00 pm

Thursday, September 25th HOME at Richmond-Burton at 4:00 pm





## Volleyball 7th-8th:

Upcoming Matches:

Monday, September 22nd HOME vs. Northwood at 4:15 pm

Wednesday, September 24th AWAY vs. McHenry at 4:00 pm

## Week of September 15th:

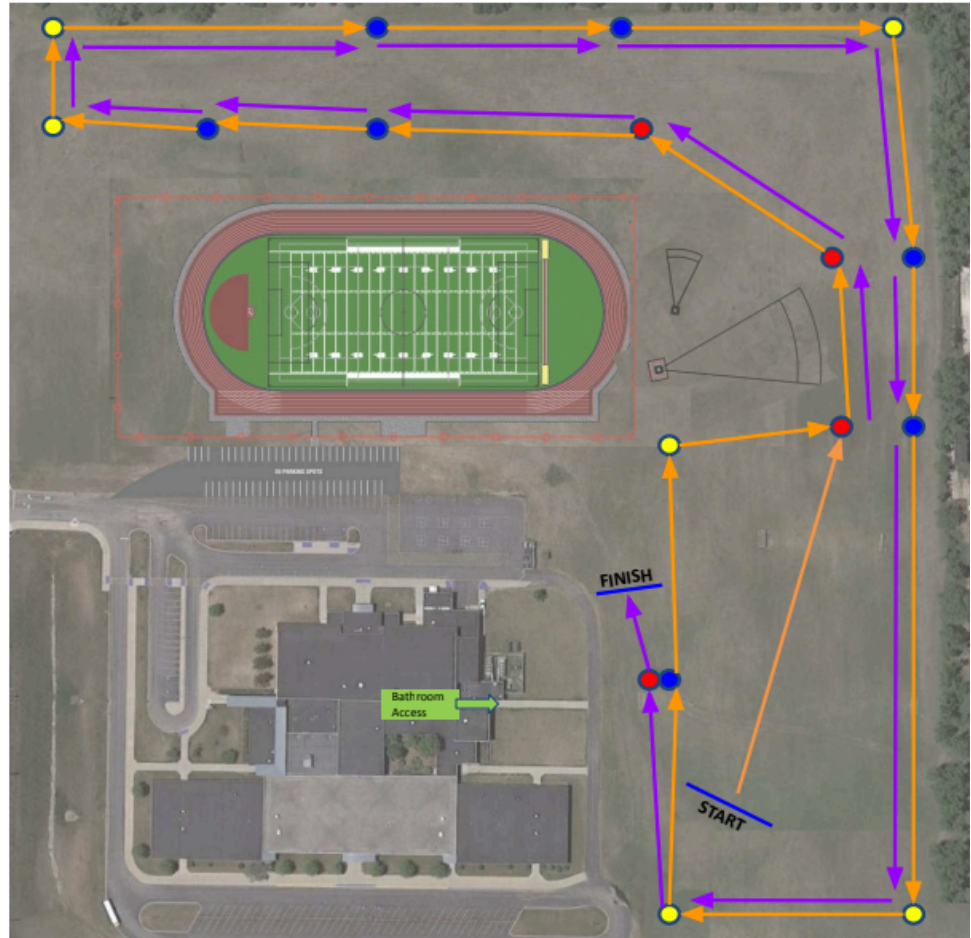
### Cross Country 6th-8th:

Upcoming Meets:

Tuesday, September 16th AWAY at McHenry Middle School at 4:00 pm

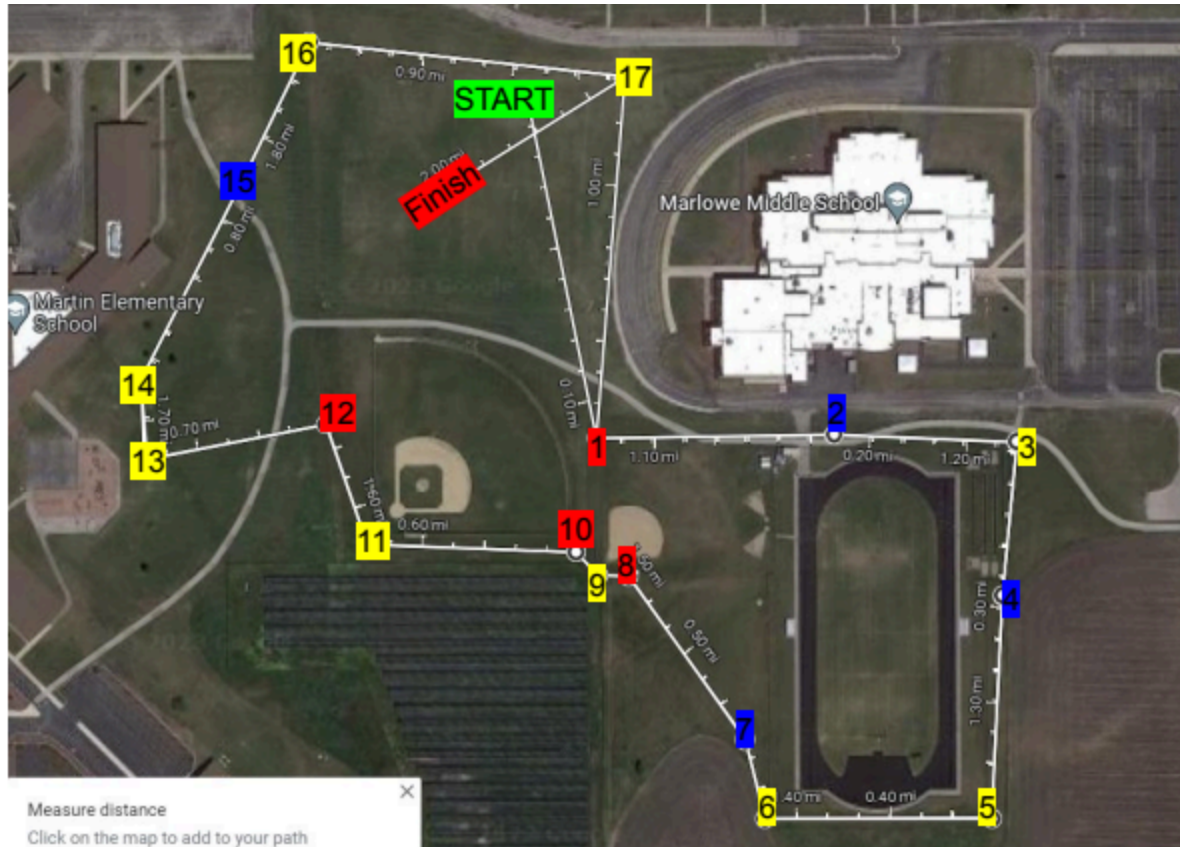
Once the start occurs, they have two loops.  
The finish line will veer off to the left for the finish.

## McHenry Middle School 2 Mile Cross Country Course



Thursday, September 18th AWAY at Marlowe Middle School at 4:00 pm





### **Volleyball 7th-8th:**

Congratulations to the 8th grade team for starting the season off strong with an undefeated record and to the 7th grade team for securing their first win this past week against Parkland.

Upcoming Matches:

Monday, September 15th HOME vs Johnsburg at 4:00 pm

Wednesday, September 17th AWAY vs Creekside at 4:15 pm

### **Week of September 8th:**

#### **Cross Country 6th-8th:**

Upcoming Meets:

Tuesday, September 9th AWAY at Emricson Park at 4:00 pm

Thursday, September 11th HOME at Richmond-Burton HS at 4:00 pm



## Volleyball 7th-8th:

Upcoming Matches:

Monday, September 8th HOME vs McHenry at 4:00 pm

Wednesday, September 10th AWAY vs Parkland at 4:00 pm

## Week of September 1st:

All current athletes are required to complete the [Athletic Code of Conduct](#). If your student athlete has not completed this yet, please click on the link to access a copy. This must be turned into the coach as soon as possible or participation in upcoming meets/matches may be suspended. Also, **\$50 sports fee is due by the first meet/game to participate. Fee payment can be made in Skyward or a check can be turned in to the main office.**

As a reminder, athletic eligibility will start on Monday, September 8th with the first eligibility report being run on Friday, September 5th. Eligibility is determined per the Athletic Handbook as follows:

### ***Athletic and ExtraCurricular Eligibility***

*A student's first responsibility is to his or her schoolwork and grades. It is believed that students who do not achieve in accordance with their abilities do not have time to participate in extracurricular activities or sports. It is further believed that students who display a negative attitude, poor conduct, or less than full effort should not be representing the school in extracurricular activities. Therefore, participating in sports or extracurricular activities will be allowed only as long as grade, attitude, conduct, and effort warrant it.*

*Grades, Attitude, Conduct and Effort* – To determine a player's eligibility status, teachers will evaluate students on a weekly basis. Their academic status will be based upon a weekly eligibility progress report. *An academic grade average of less than a "C-", two "D's", or any failing grades indicates that additional effort is needed and does not warrant participation in extracurricular activities. THE LOWEST PERCENT FOR A "C-" IS A 70.* Each athletic season lasts approximately 6-8 weeks, and students who are chronically ineligible (3 weeks or more-approximately ½ of the season) may be removed from the team.

*Ineligibility for participation in games* will be monitored on a weekly basis. The eligibility grade is determined by what grade a student-athlete is receiving on each Friday. The reporting period will begin the next Monday at 7:45 a.m. and will continue to 7:45 a.m. the next Monday. Special circumstances may be appealed to the athletic director.

- 1. A student-athlete is ineligible for one FULL week (from Monday to Monday), and may resume participating in games if they raise their grades to eligibility status by the next Friday. Eligibility would resume.*
- 2. A student-athlete may still participate in practices during their ineligibility. If they are ineligible for more than one week, a player and coach may determine it is in the student-athlete's best interest to miss practice as well to become eligible.*
- 3. If the ineligibility becomes chronic, a student-athlete may be removed from the team to focus on academics.*

### **Cross Country 6th-8th:**

First meet is Tuesday, September 9th AWAY at Emricson Park at 4:00 pm





Coach Jarvis [hjarvis@nippersink2.org](mailto:hjarvis@nippersink2.org)

### **Volleyball 7th-8th:**

Practices begin on Monday, August 25th from 3:05-4:30 pm and will be the same time each day following. 7th grade will practice at Spring Grove Elementary and 8th at Nippersink Middle School. Athletes are to report to the library after school. A bus will transport 7th grade athletes to SGE each day. Parent pick up for 7th grade is at SGE. [Volleyball Practice Calendar](#)

7th grade Coach Nye [rnye@nippersink2.org](mailto:rnye@nippersink2.org)

8th grade Coach Sarna [esarna@nippersink2.org](mailto:esarna@nippersink2.org)

Upcoming Match:

Wednesday, August 27th vs. Creekside at 4:00 pm

\*The complete calendar for all Cross Country and Volleyball events can be found on the [NMS website](#).

## **Preparing and Planning for Athletic Participation:**

### **Sports Physical:**

Schedule your sports physical today. Per IESA By-Laws, no student shall be permitted to compete in a tryout, practice, or contest, unless such student has filed with the school principal a certificate of physical fitness issued by a licensed physician, physician's assistant, or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding such tryout, practice, or contest in any athletic activity. Please make note of tryout dates listed below for all sports to ensure a physical is on file prior to that date.

[Sports Physical Form](#)

### **Sports Fee:**

\$50 sports fee is due by the first game/match to participate. Fee payment can be made in Skyward or a check can be turned in to the main office.

### **Cross Country 6th-8th:**





Practices at NMS begin Monday, August 25th.

Season meets start on September 9th and run through October 6th.

Home Meets ran at Richmond-Burton Community High School.

### **Volleyball 7th-8th:**



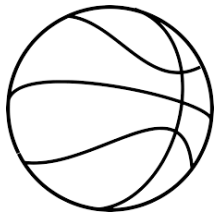
Tryouts will be on Thursday, August 21st and Friday, August 22nd.

Season matches start on August 27th and run through October 4th.

8th Grade Practices and Home Games @ Nippersink Middle School

7th Grade Practices and Home Games @ Spring Grove Elementary School

### **Boys Basketball 7th-8th:**



Tryouts will be held on Tuesday, October 14th and Wednesday, October 15th.

Season games start on October 27th and run through December 11th.

8th Grade Home Games @ Nippersink Middle School

7th Grade Home Games @ Spring Grove Elementary School

### **Cheerleading 7th-8th:**



Tryouts will be held on Tuesday, October 14th and Wednesday, October 15th.

Season games start on October 27th and run through December 11th.

8th Grade Home Games @ Nippersink Middle School

7th Grade Home Games @ Spring Grove Elementary School

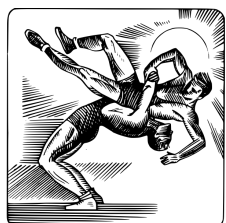
### **Girls Basketball 7th-8th:**



Tryouts will be held on Tuesday, December 16th and Wednesday, December 17th.

Season games start on January 15th and run through February 26th.  
8th Grade Home Games @ Nippersink Middle School  
7th Grade Home Games @ Spring Grove Elementary School

### Wrestling 6th-8th:



Practices begin on Monday, December 15th.  
Season matches start on January 13th and run through February 18th.  
Home matches @ Nippersink Middle School

### Track and Field 6th-8th:



Practices start on Monday, March 16th.  
Season meets start on April 2nd and run through May 11th.  
Home Meets ran at Richmond-Burton Community High School.

### Attendance:

A student who is absent from school will not be allowed to participate in or attend activities after school hours (unless they have a pre-approved absence). A participant must be in school no later than the end of 1st hour to be able to practice or participate in an extracurricular activity. Extenuating circumstances will be evaluated on an individual basis. A student may participate or practice if they have completed a pre-arranged absence form that has been approved by the administration and is on file in the office.

### Athletic Eligibility:

Athletic eligibility will start on Monday, September 9th with the first eligibility report being run on Friday, September 6th. Eligibility is determined per the Athletic Handbook as follows:

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To access the full Athletic Handbook, [click here](#).