



FAQs for Middle School Parents/Guardians

Middle School Athletics

1.) What is SDUSD Middle School Athletics?

San Diego Unified School District (SDUSD) sponsored organized sports for students in grades 6-8. Middle School Athletics is an opportunity for your student to participate in a district sponsored middle school athletic league provided to interested students at no cost to students or families. This is different from non-SDUSD sponsored club or travel teams in that students will represent their SDUSD middle school, be competing against other SDUSD middle schools, and will play contests at their local high school.

2.) What sports will be offered?

Sports will be offered in a phased approach:

Phase 1, 2021-2022: Soccer

Phase 2, 2022-2023: Basketball, Volleyball, Soccer, Flag-Football & Track

Phase 3, 2023-2024: All of the above and with the addition of Wrestling (Spring) & Cheer (Spring).

*Although currently not listed, SDUSD is also working with interested sports that have contacted us about expanding their reach to middle school to grow their sports (i.e. cross country & badminton).

3.) Where will SDUSD Middle School Athletics take place?

- **Practices:** Will be held at middle school sites 2 times a week for a duration of 1.5 hours.
- **Contests:** Games will be played on Saturdays at local high school sites as one of the goals is to provide middle school athletes an opportunity to experience the high school environment.

4.) How long is the season and when does it start? (Tryouts to Championships)

Fall season will start on August 25, 2025 ending on October 25, 2025. (Basketball, Track & Field)

Winter season will start on November 3, 2025 ending on February 8, 2026. (Soccer & Volleyball)

Spring season will start on February 23, 2026 ending on May 9, 2026. (Flag Football, Wrestling, & Cheer)

5.) How will tryouts work?

We would all like everyone to be on the team, but this is considered official middle school athletics thus tryouts will follow a similar process of tryouts held at the high school level that may include cuts. All students must be provided the opportunity for a fair and equitable tryout. Each school will have the opportunity to field one (1) gender-based team for each sport composed of students in grades 6-8.

*What are the next steps if my child makes the team?

PARENT/GUARDIAN MEETING: A parent/guardian meeting will be held following the posting of the roster. At this meeting all rules and expectations will be addressed. The meeting will be held at the middle school and will be considered as one (1) of the 2 (2) practices that week.

PRACTICE: The practice schedule will be issued to players and parents. Practices will be held two (2) times a week for one and a half (1.5) hours.

GAMES: All games will be played on Saturdays at San Diego Unified School District high schools rotating each week.



6.) Can my student participate in SDUSD on their school team and an AAU/travel team at the same time?

Yes, unlike high school/CIF, middle school athletics does allow for students to participate on an AAU/travel team during the same season of sport. The player should communicate with their coach about their AAU/travel team as it pertains to the commitment. The final decision about rosters, playing time etc. is at the discretion of each coach.

7.) Is SDUSD Middle School Athletics governed by CIF?

SDUSD Middle School Athletics is NOT governed by CIF, however SDUSD can refer to CIF policies at its own discretion.

8.) How much playing time can my child expect?

Similar to high school, playing is a privilege and not a right. No player is guaranteed a minimum amount of playing time. If a player has a concern about their playing time, they should seek suggestions from their coach on how to improve which may result in additional playing time.

9.) Is there a cost for my child to participate on the middle school athletics team?

SDUSD Middle School Athletics are FREE to students and do not come at a cost to students or families. The district is providing all of the necessary supplies for a successful program (adequate footwear will not be provided but is recommended).

10.) Does my student need insurance to participate and if so, how do they obtain it?

Student insurance is not required, but is an available option for families who would like to utilize it:

<https://sdusdathletics.com/student-insurance/>.

What will be required to participate is completion of the registration link, which includes the District's Assumption of Potential Risk and Release Liability Agreement for Voluntary Activity.

11.) Does my student need a sports physical to participate?

No, physicals are not required to participate.

12.) Who will coach my student's middle school athletics team?

The SDUSD Athletics Office works to ensure each school has a qualified coach. A qualified coach may be high school coaches who take advantage of this opportunity to coach the students that may feed into their high school program, middle school onsite staff who have connections to students and knowledge of the sport, or a walk on coach with knowledge of the sport.

13.) Do students need to maintain a 2.0 GPA for both academic and citizenship?

Yes, eligibility guidelines will follow [Board Policy 6145](#) for extracurricular activities. The Middle School Athletics Coordinator will work with site coaches on eligibility, but will always defer to individual middle school administration for their site (as it pertains to participation in middle school athletics being a privilege, not a right, and the fact that eligibility can be pulled at any time for various reasons).

- a. **Which grading periods are to be used for determining grade eligibility?** Our goal is to mirror the high school grading periods as much as possible: [SDUSD Athletic Eligibility Grading Period Dates for 2025-26](#). We understand that this will be new and will be a learning curve for all of us so we will



work together with you. Like high schools, sites can choose to allow students to utilize a one time probationary grading period ([click here](#)) if a student fails to meet the GPA requirements.

- b. **Do students need to be academic and citizenship eligible to tryout?** No.
- c. **Do students need to be academic and citizenship eligible to practice?** No.
- d. **Do students need to be academic and citizenship eligible to participate in games or utilize the one time per school year probationary period?** Yes.

14.) Will transportation be provided?

Transportation is the responsibility of the parent/guardian to and from practices/games. Already scheduled late buses may be an option at participating school sites.

15.) Will accommodations or modifications be made for students with disabilities?

Sports activities will be accommodated or modified based on the individual needs of the athletes/teams.

16.) What are the COVID guidelines and protocols?

San Diego Unified School District COVID-19 guidelines and protocols will be followed.

17.) Where can I find out more information about SDUSD Middle School Athletics?

- Through the San Diego Unified School District:
Lonnie Jones
Coordinator, SDUSD Middle School Athletics
619-725-7440
ljones3@sandi.net
- On the sdusdathletics.com website under “Middle Schools”

18.) Who is the SDUSD Middle School Athletics Coordinator and what are their responsibilities?

San Diego Unified hired a Middle School Athletics Coordinator to work with community partners and our school sites in developing and running the district middle school athletics program. Lonnie Jones has been hired as the SDUSD Middle School Athletics Coordinator. Mr. Jones has worked as a Recreation Leader with the City of San Diego Parks & Recreation Department in addition to working at San Diego Unified for the past 20 years as a Campus Supervisor and coach. He has worked at multiple schools and in several communities with different socioeconomic backgrounds, diversity, geographical locations and is well versed in our students' needs.

19.) How do I sign my student up to participate?

Families can sign up by visiting the athletics website and selecting “Middle School”. You can also register [HERE](#) for the Fall 2025 season.

SDUSD Athletics social media platforms: SDUSDATHLETICS@

- **Twitter**
- **Facebook**
- **Instagram**
- **SmugMug**

Middle School Athletics Coordinator
Lonnie Jones
ljones3@sandi.net



Director of Athletics
Scott Giusti
sgiusti@sandi.net

20.) Spectator behavior.

All spectators must remain in bleachers, where available, during the game. If bleachers are not available, spectators must be kept as far as possible away from the sidelines and from the players' benches in order to maintain proper crowd control.

Fans, students and parents who behave inappropriately and are determined by Middle School Athletics Staff of inappropriate behavior at games can be removed from the premises and their attendance at future Middle School Athletics (MSA) events can be revoked.

21.) Ejections.

Any athlete, parent/guardian, coach or fan who is ejected from a contest by a game official or Middle School Athletics Staff, is subject to immediate disqualification from the remainder of that contest and is ineligible for a minimum of the team's next contest.