

Winter Athletics at RJ Grey JHS 2025 - 2026

We encourage all student athletes to come out for our winter season athletic teams. We offer 7th and 8th Boys and Girls Basketball and Cheer. It's a great way to be engaged with our community and to have fun!

Games and practices take place during the week only. We don't have games or practices on weekends or early release days. Practices typically run from either 2:45-4:15pm or 4:15pm- 5:45pm, Monday through Friday. Players who have the later practice will be asked to stay in school in a designated spot for a team study hall to complete homework.

We typically have two to three games per week during the season. We play against middle schools from surrounding towns in our schedule. Games and or practices may be postponed or canceled due to weather, so please read the daily announcements and email updates. Please use this link for [Game Schedules](#). Sign up here for emailed [Daily Announcements](#) for up to date practice and last minute game updates.

Athletes who play school sports must commit to that season's practices and games and cannot miss practices or games for other extracurricular activities or clubs. For example, student-athletes cannot miss practices or games for the RJG Ski Club (which is not connected to the Athletic programs) or outside of school programs or sports.

Student athletes must have a copy of their most current physical on file with the RJ Grey Nurse AFrank@abschools.org and register on [Family ID](#) for their sport before tryouts begin. Families do not need to pay the athletic fee or discuss the waiver for the fee until the team is selected (which is the last day of tryouts).

We have the following expectations of our Student Athletes:

- To represent our team, school, and towns through respect and good sportsmanship
- To be a great teammate, promote a positive team culture, to work hard, to enjoy competition, and to grow skills
- To follow the bona fide team rule and make a commitment to the team for the designated times during the season
- To communicate concerns and/or time management issues with the Coach in a timely manner

We have the following expectations of our Coaches:

- To represent our team, school, and towns through respect and good sportsmanship
- To create a safe athletic environment where student athletes can make mistakes and learn
- To promote teamwork and a positive team culture
- To communicate concerns with players and parents in an appropriate and timely manner
- To communicate clear team expectations, schedules, and game times

We have the following expectations of Parents and Guardians:

- To be positive cheerleaders and role models for sportsmanship and athletics at events for all players and teams
- To help their student athlete communicate any concerns or to share concerns with the Coach in a productive manner
- To be at pick up times in a timely manner after athletic events.

General Tryout Info

All student athletes will change for tryouts after school and meet in the designated locations. During tryouts, student athletes should bring their backpacks and gear with them (along with their own filled water bottles and necessary athletic equipment per their sport) to the tryouts. Parents/ Guardians can pick up students from the

Junior High at the designated time. There is a late bus that leaves the JH at 4:30. Here is the [link](#) to the bus stop information. The bus does NOT take students directly to their home.

Coaches will meet the athletes at the designated time, take attendance, make sure everyone has water, and explain tryout criteria and expectations.

Winter Tryout Information/ Schedule

- All student-athletes should sign up on [Family ID](#) and also have a current updated physical on file with the nurse before tryouts start.
- Players must attend all the tryout days unless approved by the coach
- Players will have time to change before tryouts in the locker room.
- We follow the MIAA **Bona Fide Team Rule**. Players trying out understand that they are not allowed to miss games and or practice for other sporting events outside of school or other extra-curricular activities. If there is a schedule/commitment concern, please speak with the coach/JH Athletic Director prior to team selection if there may be an issue.
- All teams will have a minimum of 2 tryout sessions for coaches to evaluate players, and some teams may have an additional day of tryouts (4 in total) depending upon the number of student athletes trying out. Coaches can start making team selections at the end of Day 2. Meaning, some players may not be invited back to tryout on Day 3 and or beyond.
- General FAQ's
 - Practice time slots typically are from 2:45-4:15pm and 4:15- 5:45 during the school week. This is subject to change and will be announced in advance.
 - Games are typically on Tues, Wed, and Thursday. Though 7th will have some Mon/Fri. We play games back to back for both grades.
 - No games or practice on vacations, early releases, or snow days
 - Coaches will provide game and practice schedule for the season upon selection
 - Players who practice or tryout from 4:15-5:45 are expected to be in a supervised area (with a teacher) and are not allowed to leave and re-enter school unless approved by the coach and a special situation
 - Players who practice or tryout from 2:45-4:15 are expected to make arrangements to go home immediately after the time on the court.
 - DO NOT BRING BASKETBALLS and please dress with necessary gear for the sport

TRYOUT TIMES AND LOCATION

☐ **8th Boys Basketball (Coach Tim Malloy)**

- ☐ 2:45-4:15pm each day
- ☐ Tuesday 12/2, Wednesday 12/3, Thursday 12/4

☐ **8th Girls Basketball (Coach Jon Duclos)**

- ☐ All girls trying out should be in the cafe annex for a study hall until 3:45 when they can go get changed and then meet in the gym lobby for a quick talk.
- ☐ Monday 12/1 (4-5:30), Tuesday 12/2 (4:15-5:45), Wednesday 12/3 (4:15-5:45)

☐ **7th Boys Basketball (Coach Peter Knolwes)**

- ☐ All boys trying out should be in the cafe annex for a study hall until 3:45 when they can go get changed and meet in the gym lobby
- ☐ Thursday 12/4 (4:15-5:45), Friday 12/5 (**2:45-4:15**), Tuesday 12/9 (4:15-5:45)

☐ **7th Girls Basketball (Coach Taylor Luke)**

- ☐ For late tryouts/practices, all girls should be in the cafe annex for a study hall until 3:45 when they can go get changed and then gather in the gym lobby and wait for the coach to bring them into the gym.
- ☐ Friday Dec 5th (4:15-5:45) , Monday 12/8 (**4:15-5:45**), Tues Dec 9th (**4:15-5:45**)

☐ **CHEER Team (Coach TBD)**

- ☐ All students interested in trying out for the Winter Cheer Team must attend on Dec 2nd, Dec 3rd, and Dec 4th from 2:45-4:15 in the back gym.