

FREEPORT MIDDLE SCHOOL

ATHLETIC SUMMARY

Middle School Sport Seasons

- Fall: - Begins on the 1st day of school – runs through end of October
- Football typically begins on the 3rd or 4th Monday in August
- Winter: - Begins middle of November runs up to February vacation
- Indoor track: begins last week in February – runs through end of March
- Spring: - Begins last week in March/first week in April - runs through end of school

Practices

- 5 days a week - Monday through Friday - no weekend commitment
- Football plays games on Saturday mornings
- Practices are usually 1.5 hours long
- Fall & spring practices run from either 2:30-4:00 or 3:00-4:30
- Lacrosse and Field Hockey practices run from 3:45-5:15
- Winter practices are staggered: 1st practice starts at 2:30, the last practice starts at 4:30
- All practices are currently held on campus at FMS
 - Exceptions: - football practices at Pownal Elm School and plays games at the high school turf
 - alpine & nordic skiing practices occur at off site ski venues
 - spring track occurs at the Freeport High School
 - lacrosse: several practices will be scheduled for Hunter Road (4:00-5:30)
 - students will be bused to all off campus practice sites
 - parent pick up after practice is at the off site practice facility as well

Games

- All home games are played on campus at FMS
 - Football: games at played on the turf at the high school - games are scheduled for Saturdays
 - Indoor track: meets held at the Portland Expo
- 8th grade teams always play first, 7th grade teams play second
 - There may be an occasional exception to this order
- The usual start times are: 8th grade 3:30 / 7th grade 4:30 or 4:45
 - 7th grade games usually begin 5 minutes after conclusion of 8th grade game

Sixth Grade Participation Guidelines

Sixth graders may play on the seventh grade teams and A teams only if there are not enough seventh graders to field a complete team. Sixth graders **do not** try out with the 7th and 8th graders, but may be asked to try out after the total number of participants has been determined. For a more complete explanation of the sixth grade opportunities, please use the link provided below where you will find the Sixth Grade Participation Guidelines.

Athletic Offerings

FALL

8th Grade Soccer (B&G)
7th Grade Soccer (B&G)
8th Grade Field Hockey
7th Grade Field Hockey
Cross Country (B&G)
Football *

WINTER

8th Grade Basketball (B&G)
7th Grade Basketball (B&G)
A Team Basketball (B&G)
Alpine Skiing (B&G)
Nordic Skiing (B&G)
Basketball Cheering

SPRING

8th Grade Baseball
7th Grade Baseball
8th Grade Softball
7th Grade Softball
8th Grade Lacrosse (B&G)
7th Grade Lacrosse (B&G)
Track & Field (@ FHS)

(* Partially Funded by Booster Groups / Participation Fees May Be Administered)

Equipment That MS Students Need to Provide

Soccer:	cleats, NOCSAE approved shin guards, practice gear, maroon soccer socks
Field Hockey:	cleats, shin guards (maroon shins or maroon socks to go over), goggles (ASTM), stick, practice gear
Cross Country:	running shoes, practice gear
Football:	cleats
Basketball:	sneakers, practice gear
Skiing:	skis, boots, bindings, poles, goggles, alpine helmet, practice gear, winter clothing
Track:	running shoes, practice gear
Base/Softball:	cleats, glove, hats purchased from school, practice gear
Boys Lacrosse:	cleats, stick, gloves, shoulder pads, helmet, arm pads, practice gear (FMS does have a limited supply of BLax equip that can be signed out)
Girls Lacrosse:	cleats, stick, goggles (ASTM)

(We have basic mouth guards available - by rule, mouth guards must be worn for: soccer, field hockey, football, lacrosse)

Other Items & Links that can be found on the Athletic Website

www.freeportathletics.com

- contact information & coaches directory
- list of sports teams offered
- athletic announcements & important dates
- **sign up to GET ALERTS - receive cancellation and postponement notices automatically via text message and/or email**
- FAN SHOP - order and purchase "*FALCON WEAR*" - athletic apparel available in school colors
- athletic handbook & all necessary forms
- parent coach communication guide
- sportsmanship guide for parents
- other informational links
- directions to opponent's athletic facilities

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