

2. Middle School Athletics

The purpose of the middle school athletic program is to support and fully adopt North Valley League philosophies, regulations and requirements. Sonoma Valley Middle Schools also support and honor CIF and other Sonoma Valley High School philosophies in an effort to prepare students for the high school athletic programs. Our middle schools are committed to high standards and the principles of athletics serving as essential parts of the total educational program.

Every 7th and 8th grade student is provided an opportunity to try out for an after school athletic team. Due to North Valley League restrictions, 6th graders are not allowed to participate in all sports. The single exception is wrestling, where 6th grade students may compete but not score points. Sixth grade students may also be team managers.

The emphasis at the middle school level is on instruction, skill development, teamwork, basic offensive and defensive strategies, fair play, social maturity, and sportsmanship. Team size is determined by North Valley League regulations, suitable game and practice facilities, and safe environments. With the exception of track and wrestling, cuts may be made. Cutting of students is not our desire but, when necessary, cuts will be made based on the physical ability, effort and maturity of the student as well as facility and safety concerns. Coaches are encouraged to allow all student athletes to play in all games.