

## Intramural Philosophy

We believe that increased participation in intramural activities outside of school will enhance our student's junior high experience. We have observed that students who participate in intramurals have improved behavior and academic success. The goal of our intramural program at Salem Junior High is to include as many students as possible. To help achieve that goal, intramurals will always be free so as many students as possible can participate. All intramurals are available to grades 7-9. We strive to meet the needs and interests of our student body with a variety of activities throughout the school year.

### **We plan to have the following activities each year:**

**Girls Tennis (August-October):** Intramural Girls Tennis allows students to learn the game of tennis and be instructed by our tennis coaches. Our students practice and compete against other students across the district.

**Cross Country (August-October)** = As our Cross Country athletic team continues to grow each year we run cross country intramurals congruently with the athletic cross country team so more students can safely participate and receive one-on-one instruction.

**Boys Basketball (October-November)** = This is a great opportunity for students to receive instruction from our 9<sup>th</sup> grade basketball coaching staff. Traditionally there is a skill learned each practice session followed by game play.

**Girls Basketball (October- November)** = This is a great opportunity for students to receive instruction from our 9<sup>th</sup> grade basketball coaching staff. Traditionally there is a skill learned each practice session followed by game play. We hope more students will come and invite all skill levels to participate.

**Volleyball (September-November)** = Students receive basic skill instruction necessary to play the game of volleyball, followed by small sided or traditional game play. We host the district volleyball competition at SaJHS annually.

**Weightlifting/Conditioning (December-February)** = Students use our world class fitness room to learn proper safety techniques while resistance training. Students can expect to learn age appropriate progressions of resistance training. Exercises may include but are not limited to; bench press, military press, trap bar dead lift, front & back squats, power clean, and snatch. Workouts can vary according to the goals of the individual student. Traditionally there are three district weightlifting competitions held each year, fall, winter and spring, at various jr. high schools throughout our district. In the spring of 2015 we will be starting a USA Weightlifting club that will compete in state competitions in the lifts of clean & jerk, and snatch.

**Winter Track (January-February)** = Students can expect to receive specific track & field event instruction combined with body conditioning from the SaJHS track & field coaches. Events traditionally included are the hurdles, sprints & relays, high & long jump, and shot put & discus. This is a great way for students to

receive more one-on-one event specific instruction and get to know a variety of track & field events without a daily practice commitment.

**Track & Field (March-May)** = Track & Field is the most participated athletic activity at SaJHS. Offering this as an intramural also allows more students to be instructed by qualified coaches during the regular track & field season. These students are eligible to compete at district meets & competitions.

**Boys Tennis (August-October):** Intramural Boys Tennis allows students to learn the game of tennis and be instructed by our tennis coaches. Our students practice and compete against other students across the district.

**Field Fishing (May)** = Students who love to fish or who would like to learn more about fishing will enjoy this activity. Field fishing is held at SaJHS. Rods, reels and fish targets are provided. Students learn casting techniques and practice accuracy as they cast out and try to “hook” plastic fish targets spread across the grass field.

**Land Paddling (May)**= This activity is similar to paddle boarding or stand up paddling where individuals ride a surf board and propel themselves on water using an oar. Land paddling, students ride a long board wearing a helmet and other safety equipment (wrist, elbow, and knee pads.) Students propel themselves on asphalt using a stick as a “paddle”. Traditionally land paddling is offered only to students in physical education class. However, many students want to participate in this activity more often. To this end, we are adding land paddling for students who sign participation forms.

**Badminton (December-January)** = Students can expect to learn skill necessary to play singles and doubles badminton. Sessions are generally held before school because gym use after school by basketball & wrestling. Each year a district badminton tournament is held at Payson Jr. High sometime in January.

**Hiking (May)**= We hope to add this activity in 2015. Students who sign participation forms will learn hiking safety and be able to participate in hiking trips across Utah County.