

# ERMS 7<sup>th</sup> Grade Girls Metro League Basketball

- WHAT:** 7<sup>th</sup> Grade Girls' Basketball practices
- WHEN:** Every Monday, Tuesday, Thursday & Friday-3:15-5:00 /**START DATE MONDAY, October 26th**
- WHY:** To represent ERMS in Athletics  
**\*TO MAKE FRIENDS & HAVE A GREAT TIME. Improve your basketball skills and fundamentals.**
- WHERE:** ERMS GYM
- What you need:** Tennis shoes, Shorts and T-shirt  
You must have had a **PHYSICAL** and Coach Spencer must have it, **BEFORE** you can **TRYOUT**.

**Get your physicals done early so that you do not miss out.**  
**To obtain a quick physical go to NEW MEXICO QUICK**  
**CARE-111 Rio Rancho Blvd Suite 108 PH /994-2112-**

**NO APPOINTMENT NECESSARY!**

*7th graders wil be doing the Metro league this year for Basketball. All games will be played on Saturdays and will generally be at Rio Rancho's two high schools. Those times and dates will be posted as soon as we determine the number of teams at each school.*