

ERMS Basketball 2009-10

Welcome to ERMS Girls' & Boys' Basketball -2009-10 School Year

Our Middle School athletic program is being restructured. All 7th Graders will participate in the Rio Rancho Metro Basketball League. The RRML will consist of all four Middle Schools in Rio Rancho. Starting with a NO-CUT policy, the RRML will give all of our students an opportunity to participate and grow in an athletic environment. It is well documented-the many benefits students receive from their involvement and participation in sports and athletic teams. Students that are on sports teams are better students and graduate at a higher percentage than non-student athletes. Students that participate in athletics are less likely to be problem students while in school. Student-athletes are less likely to become involved in gangs and anti-social behaviors.

The RRML Basketball will be split into 2 (two)-, 6 (six) weeks seasons. The 7th grade girls' begin on Monday, November 2nd and end on Saturday, December 19th. Games will be played on Saturdays: November 7, 14, 21, December 5, 12 and 19. Our MS teams will compete against each other during the six weeks of competition. No outside competition.

The 7th grade boys begin their season after the holidays. Specific information will be forthcoming.

Your sons and daughter are required to have a **SPORTS PHYSICAL** on file in our athletic office prior to participation. Forms maybe picked up in the front office, from me, or they maybe downloaded from our website. Athletic physicals maybe scheduled with your family's personal care physician. I will provide some alternate locations that may get your child in sooner. There are three locations; 3211 Coors Blvd. D-3/452-9015 or 10700 Menaul NE Suite C/323-8911. The last is NM Quick Care 111 Rio Rancho Blvd. Suite 108 994-2112 Athletic physicals that are received after April 1, 2009 will cover your child through May 31, 2010. If possible, always get your child's annual physical after April 1st. Many sports clinic and summer camps require that students provide proof of a physical examination. Exams received after April 1st will cover your child during the months of summer and the entire school year.

8th Grade Basketball

Our Middle School BB teams will continue to participate in the South Central Athletic League. Each M.S. will have one Girls' and one Boys' team. Games will be played as doubleheaders. Girls' games will be played first, starting time 4:30, followed by the boys' game, approximately 5:45. All 8th graders at Eagle Ridge MS will compete against their peers in a tryout, they will get evaluated and will be notified whether or not they have been selected to represent our school as a member of the 2009-10 Eagle Ridge MS Basketball team.

