

# Benton Middle School

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## ATHLETIC DEPARTMENT 2023-24

The Benton Middle School Athletic Department welcomes you! We look forward to an exciting year of competition as the “Benton Cougars” in our school colors of purple and gold. Benton Middle School will be competing in the Central Division, to include Beville MS, Hampton MS, Lake Ridge MS Manassas Park MS, Parkside MS, and Saunders MS.

All participants must have a current **Athletic Physical** and a **Concussion Training Card** on file with the athletic department in order to tryout for any sport.

### Guidelines for Academic Eligibility:

Middle School students who wish to tryout for any athletic team must meet the county guidelines for academic eligibility.

- All grade six students are eligible for Season 1 tryouts.
- All 7<sup>th</sup> & 8<sup>th</sup> grade students must meet the county’s academic eligibility standards for Season 1 tryouts based on their 4<sup>th</sup> quarter grades for the **2022-23** school year.
- All grade levels must meet county requirements to be eligible for tryouts for seasons 2, 3 & 4.
- A student is placed on academic probation and is ineligible for tryouts/participation in sports if he/she has received an “F” in two or more subject areas.

### Physicals:

- To be considered as current, **Athletic Physicals must be dated May 1 of the current school year to June 30 of the succeeding year.**
- The **2023-24 REQUIRED Athletic Physical Forms** are available in our middle school office and can be downloaded from Benton’s website.

### Concussion Training:

- Students in 6th, 7th, & 8th grades must have PWCS Middle School Concussion Training WITH THEIR PARENT/GUARDIAN each year before trying out for sports. **Two options** for completing Concussion Training are:
  1. **Online** – go to [https://www.pwcs.edu/academics\\_programs/student\\_activities/concussion\\_information](https://www.pwcs.edu/academics_programs/student_activities/concussion_information)
  2. **OR Face-To-Face** – see the dates below for Benton’s face to face concussion trainings.
- Take note of start times. Plan to arrive early and stay to complete the entire session. Doors will be closed once the training begins. **Late arriving parents and students will not be permitted in the training once it has started.**

**Benton Middle School will be hosting Face to Face Concussion Trainings on the following dates:**

- August 17, 2023 @ 6:00 p.m.
- November 1, 2023 @ 6:00 p.m.
- January 17, 2024 @ 6:00 p.m.
- March 7, 2024 @ 6:00 p.m.

\*Additional dates and locations can be found on the PWCS Athletics web page.

## Tryout Schedule for 2023-24

\*Please refer to our web page as dates may be adjusted due to inclement weather, etc.

Tryouts for all sports are limited to three specific days. Participants should attend all three days. All tryouts will be from approximately 3:05 p.m. to 5:05 p.m. Students must be picked up promptly (no later than 5:20 p.m.). All Participants must have a current **Athletic Physical** and a **Concussion Training Certificate** on file with the athletic department in order to tryout for any sport.

### SEASON 1 (Sept. - Oct.)

Grades 6, 7, 8	Football, Volleyball, Boys Soccer	<b>Tryouts 8/28/23</b>
Grades 6, 7, 8	Girls Track	<b>Tryouts 8/29/23*</b>

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### SEASON 2 (Nov. - Dec. - Jan.)

Grades 6, 7	J.V. Basketball (Boys)	<b>Tryouts 11/13/23</b>
Grade 8	Varsity Basketball (Boys)	<b>Tryouts 11/13/23</b>

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### SEASON 3 (Jan. - Feb. - Mar.)

Grades 6, 7	J.V. Basketball (Girls)	<b>Tryouts 1/22/24</b>
Grade 8	Varsity Basketball (Girls)	<b>Tryouts 1/22/24</b>
Grades 6, 7, 8	Wrestling	<b>Tryouts 1/22/24</b>

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### SEASON 4 (Mar. - April - May)

Grades 6, 7, 8	Baseball	<b>Tryouts 3/18/24</b>
Grades 6, 7, 8	Girls Soccer	<b>Tryouts 3/18/24</b>
Grades 6, 7, 8	Softball	<b>Tryouts 3/18/24</b>
Grades 6, 7, 8	Boys Track	<b>Tryouts 3/19/24*</b>

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### CHEERLEADING (Season September - Mar.)

Girls/Boys:	Grades 6, 7, 8	<b>Tryouts 9/6, 9/7, 9/8</b>
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