

Benton Middle School

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ATHLETIC DEPARTMENT 2026-27

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.

Arbiter Website

Registration -- Student Athlete Education -- PWCS Athletic Physical

All participants must complete the **Athletic Registration** on the **Arbiter Website** link found on the Benton Athletic Webpage.

Step two is to complete the **Student Athlete Education**, which includes Concussion Education, on Arbiter. The final step is to upload a current **PWCS Athletic Physical** on the Arbiter Website.

Once an Athletic Trainer checks your registration and Physical form you uploaded, they will approve it through emailing you or email you if there is more to complete.

Once a PWCS Athletic Trainer has approved your Registration, Student Athlete Education, and uploaded Physical, your child may try out for the sports you selected in registering on Arbiter.

Guidelines for Academic Eligibility:

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

- All grade six students are eligible for Season 1 try outs.
- All 7th & 8th grade students must meet the county’s academic eligibility standards for Season 1 try outs based on their 4th quarter grades for the **2025-26** school year.
- All grade levels must meet county requirements to be eligible for try outs for seasons 2, 3 & 4.
- A student is placed on academic probation and is ineligible for try outs/participation in sports if he/she has received an “F” in two or more subject areas.

Physicals:

- To be considered as current, the **PWCS Athletic Physicals** must be dated within the last 14 months on the **PWCS Athletic Physical Form**.
- The **2026-27 REQUIRED Athletic Physical Forms** are available in our middle school front office and can be downloaded from Benton’s Athletic Webpage.

Student Athlete Education:

- Students in 6th, 7th, & 8th grades must complete **Student Athlete Education**, which includes Concussion Education, found on the **Arbiter Website** before trying out for sports each year.

Try out Schedule for 2026-27

*Please refer to our online calendar on the Benton website as dates may be adjusted due to inclement weather, etc.

Try outs for all sports are limited to three specific days. Participants should attend all three days. All try outs 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 be registered on the Arbiter Website, have a current **Athletic Physical** uploaded, and must have completed **Student Athlete Education** on the Arbiter Website in order to try out for any sport.

SEASON 1 (Sept. - Oct.)

Grades 6, 7, 8	Football, Volleyball, Boys Soccer	Try outs 8/31/26
Grades 6, 7, 8	Girls Track	Try outs 9/1/26*

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

Grades 6, 7	J.V. Basketball (Boys)	Try outs 11/9/26
Grade 8	Varsity Basketball (Boys)	Try outs 11/9/26

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

Grades 6, 7	J.V. Basketball (Girls)	Try outs 1/25/27
Grade 8	Varsity Basketball (Girls)	Try outs 1/25/27
Grades 6, 7, 8	Wrestling	Try outs 1/25/27

SEASON 4 (Mar. - April - May)

Grades 6, 7, 8	Baseball	Try outs 3/30/27
Grades 6, 7, 8	Girls Soccer	Try outs 3/30/27
Grades 6, 7, 8	Softball	Try outs 3/30/27
Grades 6, 7, 8	Boys Track	Try outs 3/31/27*

CHEERLEADING (Season September - Mar.)

Girls/Boys:	Grades 6, 7, 8	Try outs 9/10, 9/11, 9/14
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