



## Spring Lake Park Athletic Play-Up Guidelines

All high school athletic programs are governed by the Minnesota State High School League for students in grades 7-12.

Middle school students are able to try-out in high school athletic activities offered as **7-12** programs. They will pay the high school registration fee and are subject to MSHSL regulations. All middle school students who participate in high school athletic activities must complete all of the same required paperwork as high school students.

***If a sport is offered through the middle school or youth associations, it is encouraged that students continue to build skills in those programs.***

### 7-12<sup>th</sup> grade Spring Lake Park High School Sports: (students in gr 7-12 are eligible to try-out)

FALL	WINTER	SPRING
Fall Dance Team	Dance Team	Track & Field
Cross Country	Gymnastics	Boys Golf
Girls Swim/Dive	Nordic Ski	Girls Golf
Girls Tennis	Boys Swim/Dive	Boys Tennis
Adapted Soccer	Adapted Floor Hockey	Girls Lacrosse
		Adapted Bowling
		Adapted Softball

\*\*Middle school students are not able to try-out in athletic activities offered as **9-12** programs. **Exceptions** that may permit middle school students to tryout in 9-12 athletic programs arise from the following circumstances: additional participants to fill team and sustain program, and /or the need for a specialty athlete (i.e., goalie or pitcher). Prior to the start of the season middle school try-outs **MUST** be approved by the Athletic & Activities Director.

### 9-12<sup>th</sup> grade Spring Lake Park High School Sports: (students in gr 9-12 are eligible to try-out), middle school students should see above \*\*

FALL	WINTER	SPRING
Football- 9-12 only	Girls Basketball	Baseball
Volleyball	Boys Basketball	Softball
Girls Soccer	Girls Hockey	Boys Lacrosse
Boys soccer	Boys Hockey	
	Wrestling	

**NO cuts will be made to 9<sup>th</sup>, 10<sup>th</sup>, or 11<sup>th</sup> graders to make room for 7<sup>th</sup> or 8<sup>th</sup> graders moving up.**

All middle school students must demonstrate skills that allow them to be competitive on high school squads. Middle school students will be cut if they cannot demonstrate their skills levels to be above those of students in 9-12.