

# **Intramural and Extramural Information**

## **What is the difference between intramurals and extramurals?**

*Intramurals are activities offered that students in all grade levels may participate.*

*Extramurals are school teams that play other North Fulton Schools in scheduled contest. The extramural teams are coed-soccer (fall), tennis (fall), volleyball (fall), basketball, and track (spring).*

## **Do the students need a physical to participate?**

*Only the students participating in **extramural** activities need a physical.*

## **Are all grade levels allowed to come out for intramurals and extramurals?**

*All students may participate in intramurals, but extramural teams are limited to 7<sup>th</sup> and 8<sup>th</sup> grade students. Soccer, tennis, and track are coed and are comprised of both 7<sup>th</sup> and 8<sup>th</sup> grade students. There are separate teams for boys and girls with their own seasons for 7<sup>th</sup> and 8<sup>th</sup> grade students*

## **What are the intramural activities offered?**

*The activities offered change with each season. Flyers are posted, announcements are provided, and the school web-site has the information for the students and parents regarding the activities.*

**Do the students have to come each day?**

*Students participating in intramurals may come on any days they wish. These are activities for them and not practices for future teams.*

*Students who are competing on the extramural teams will be expected to be at practices designated by the coach for each sport*