



SOUTHERN REGIONAL MIDDLE SCHOOL

FALL INTRAMURAL SPORTS

Through respect and sportsmanship, Fall Intramurals provides an opportunity for students to participate in a sport, fitness, or overall healthy lifestyle activities. Many activities are outside, so be prepared for **ALL** weather. Fall Intramural's will run from September through November. Students will sign up each day on the sign-up form located outside of the weight room. This activity is limited to 30 students and is a first come, first served basis.

Ed Costa ecosta@srsd.net

- **Fall Intramurals**
- **Mon – Thurs: 2:15-3:00 pm/3:00 pm – 5:15 pm**
- **(Days/Times will vary due to weather and gym/field space)**

See advisors for participation permission slip.