Currently at West School we offer 4th and 5th graders the opportunity to represent our school in athletics. The 5th graders have the chance to participate in football, basketball, and track for boys and softball, basketball, and track for girls. The 4th graders can compete in track only. For all of our sports teams with the exception of track volunteer coaches are utilized. If you are interested in coaching one of our teams please contact Mr. Nolke at rod.nolke@jcschools.us .

**Football:**

The 5th grade flag football program is a joint venture between the Jefferson City Public Schools and the Jefferson City Parks and Recreation. Registration begins the first week of school and practices will be determined by the volunteer coach. Games begin in early September and conclude in late October. Games are typically held on Monday evenings at Riverside Park.

**Softball:**

Registration for softball is open to any 5th grade girl and begins the first week of school. The emphasis of the program is for skill development. The league is open to any girl regardless of skill level. League rules are designed with the beginner in mind. Practices will be determined by the volunteer coach and will begin as soon as registration is complete. Games begin in early September and conclude in late October. Games are typically played on weeknights at the Binder Sports Complex.

**Basketball:**

The 5th grade basketball program is a joint venture between the Jefferson City Public Schools and Jefferson City Parks and Recreation department. Registration begins in mid-October with practices beginning shortly after at the discretion of the volunteer coach. Games begin in early November and conclude before winter break in December. Games are typically played on Tuesday and Thursday evenings at various elementary schools across the district.

**Track:**

The 4th and 5th graders are eligible to participate in the track program known as Little Olympics. The Little Olympics involves all 16 public and parochial schools in Jefferson City. The meet is usually held the first Saturday in May on Licklider Track at Adkins Stadium on the high school campus. The Little Olympics is sponsored by the Jefferson City YMCA. Events include the 40 and 60 yard dash, ball throw, broad jump, 4 x 60 yard relay, 4 x 75 yard relay, and 400 meter run. Tryouts are held in early April with several practices held after school leading up to the event.

All of our West School athletes are required to sign a behavior contract before participating in our athletic program. We believe that there are certain expectations of behavior that are important before a student/athlete represents our school. More information and registration for each team will be sent home with the student. A West School shirt is required which will be worn for games. Ordering information for all teams will be sent home in August.

***While not required a health physical is recommended before participating in athletic events!***