

# MSA

## Athletics



### Competitive Athletics Programs 2019-2020

Please Read All Information below and retain this page for your reference.

#### GENERAL INFORMATION

Welcome to Mustang athletics! We want to encourage all students interested to participate in our competitive athletic program. Practices times, dates and prices for all sports are listed below. You will also be able to obtain information on scheduled games, pictures and weekly updates on our Mill Springs website under athletics. Prior to scheduled game days, information will be forwarded home by the coach detailing time of game, location and expected time back on campus. This information may also be sent via an email. For away games players will travel with the team in a Mill Springs' bus. Family and friends are encouraged to attend the games. We look forward to another successful year in Mill Springs Athletics!

You may contact James Sampson or Taniah Jones if you have any questions.

E-mail addresses: [jsampson@millsprings.org](mailto:jsampson@millsprings.org) / [tjones@millsprings.org](mailto:tjones@millsprings.org)

Phones: 678-893-7799 / 678-893-7830

### ATHLETIC REQUIREMENT CHECKLIST

\_\_\_\_\_ Current Physical Evaluation – [DOWNLOAD HERE](#)

\_\_\_\_\_ Registration form – [REGISTER/PAY HERE](#)

\_\_\_\_\_ Read and Sign the Concussion and Sudden Cardiac Arrest Awareness Form – [COMPLETE HERE](#)

*Refunds will not be made available unless the sport is discontinued*

**ALL ATHLETES MUST HAVE ALL INFORMATION TURNED IN PRIOR TO PRACTICE OR THEY MAY NOT PARTICIPATE**

# Varsity/JV Athletic Programs

*All competitive sports programs are ages 13 & up unless otherwise specified*

## AAC & GISA leagues

### FALL

#### **Varsity Boys Soccer**

August 14 – October 9, 2019  
Practice Days: Monday – Thursday  
(Fridays TBA)  
3:15 – 5:00  
**COST: \$375.00**

#### **Girls Volleyball**

Practice Days: Monday-Thursday  
August 14 – October 2, 2019  
3:30 – 5:00  
**COST: \$375.00**

#### **Varsity Cross Country Grades 9-12**

Practice Days: Monday-Friday  
August 14 – October 3, 2019  
Practices 3:30-5:00  
**COST: \$375.00**

#### **Youth & JV Cross Country Grades 5 - 8**

August 14 – October 9, 2019  
Monday & Wednesdays 3:30-5:00  
**COST: \$275.00**

#### **Golf Training**

October 16 - November 6, 2019  
Practice Days: Monday-Wednesday  
3:30 – 5:00  
**COST: \$285.00**

#### **Baseball Training**

October 14 - November 6, 2019  
Practice Days: Monday-Wednesday  
3:30 – 5:00  
**COST: \$285.00**

#### **Weight Training/Conditioning**

August 14 – October 3, 2019  
Practice Days: Monday-Thursday  
3:30 – 5:00  
**COST: \$375.00**

#### **Bowling**

August 16 – September 27, 2019  
Practice Days: Friday (ONLY)  
3:30 – 5:00  
**COST: \$285.00**

### WINTER

#### **Varsity Girls Basketball**

October 15, 2019 - February 12, 2020  
Practice Days: **Monday - Friday**  
5:00 – 6:15  
(Saturdays TBA)  
**Cost: \$375.00**

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*Due to our Game Schedule, all  
Winter Learning Programs need to  
encompass within the Atlanta  
Metropolitan Area.*  
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#### **Varsity Boys Basketball**

October 15, 2019 - February 12, 2020  
3:15 – 5:00  
Practice Days: **Monday - Friday**  
(Saturday's TBA)  
**Cost: \$375.00**

#### **Wrestling**

October 15, 2019 - February 13, 2020  
Practice Days: Monday-Thursday  
3:30 – 5:00  
**Cost: \$375.00**

#### **Swim Team**

**Grades 6 - 12**  
October 16, 2019 – January 29, 2020  
Practice Days: Monday & Wednesday  
At Cherokee Aquatic Center  
Time: 4:00-5:30pm  
**Cost: \$375.00 (plus uniform)**

#### **Cheerleading**

October 22, 2019 - February 12, 2020  
Practice Days: Tuesday & Thursday  
(DAYS COULD CHANGE)  
Time: 3:30-5:00pm  
**Cost: \$275.00 (plus uniform)**



### SPRING

#### **Varsity Baseball**

February 18 – April 22, 2020  
Practice Days: Monday-Thursday  
3:30-5:00  
**Cost: \$375.00**

#### **Varsity Track Grades 9 - 12**

February 18 - April 25, 2020  
Practice Days: Monday - Thursday  
3:30-5:00pm  
**Cost: \$375.00**

#### **JV Track**

**Grades 5 - 8**  
February 19 - April 22, 2020  
Practice Days: Mon & Wed (**Only**)  
3:30-5:00  
**Cost: \$275.00**

#### **Varsity Tennis**

February 18 - April 22, 2020  
Practice Days: Mon., Tue., & Thur. (**Only**)  
3:30 – 5:00  
**Cost: \$295.00**

#### **Varsity Golf**

February 19 - April 22, 2020  
Practice Days: Monday-Thursday  
3:30-5:00  
**Cost: \$375.00**

#### **Ultimate Frisbee**

February 19 - April 22, 2020  
Practice Days: Monday & Wednesday  
3:30-5:00pm  
**Cost: \$275.00**

#### **Weight Training/Conditioning**

February 18 – April 23, 2020  
Practice Days: Monday-Thursday  
3:30 – 5:00  
**COST: \$375.00**

#### **Bowling**

February 28 – April 24, 2020  
Practice Days: Friday (ONLY)  
3:30 – 5:00  
**COST: \$285.00**

# Middle School Athletic Programs

Grades 5-8

## ***APAC League***

*The Atlanta Private Athletic League (APAC) is an association of several small schools that compete against each other in middle school athletics. APAC schools teach children with learning differences and this the main focus of the league is to foster friendly competition and good sportsmanship.*

*(Practice 2 times a week plus games and tournaments)*

<b><u>FALL</u></b>	<b><u>WINTER</u></b>	<b><u>SPRING</u></b>
<b>Co-ed Soccer</b> Practice days: Monday - Wednesday <b>(ONLY)</b> <b>Cost: \$ 285.00</b> August 19, 2019 - October 9, 2019 3:30 – 4:30 <b>(Days may change)</b>	<b>Boys Basketball</b> Practice days: Mondays & Wednesdays <b>(ONLY)</b> <b>Cost: \$285.00</b> October 21, 2019 – January 29, 2020 <b>(Days may change)</b>	<b>Track &amp; Field</b> Practice Days: Monday & Wednesday <b>(Only)</b> <b>Cost: \$285.00</b> February 19, 2020 - April 22, 2020 3:30-5:00 <b>(Days may change)</b>

***Refunds will be made available only if the sport is discontinued***