

Athletic Programs Offered in Jackson Public School District High Schools

All participants must have and maintain at least a “C” average to participate in all Programs. A current Physical and Parent Consent form must be completed and on file for participation.

SPORT Season & Eligible Participants	DESCRIPTION
VOLLEYBALL Aug. 5 – Oct. 19 Girls Grades 9 – 12	Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team’s court under organized rules.
SLOW PITCH SOFTBALL Varsity & Junior Varsity Aug. 5 – Oct. 12 Girls Grades 7 – 12	Slow pitch softball is a bat and ball game played between two teams of 10 players. It is a variant of baseball and played with a larger ball on a smaller field. Despite the name the ball used is not soft.
FAST PITCH SOFTBALL(TBA) Varsity Forest Hill & Murrah High Schools Feb. 3 – April 26	Fast pitch softball is considered the most competitive form of softball. Pitchers throw the ball with an underhand motion at speeds between 55 and 70 miles per hour. The distance between the pitcher’s plate and the batter’s plate (home plate) is 43’.
SWIMMING (TBA) Murrah and Provine High Schools Aug. 5 – Oct. 12 Girls Team Grades 9 – 12 Boys Team Grades 9 - 12	The goal of competitive swimming is to constantly improve upon one’s time(s), or to beat the competitors in any given event. Typically an athlete goes through a cycle of training led by the swim coach. During competition participants may enter in two individual events and two relays.
CROSS COUNTRY Aug. 5 – Oct. 11 Girls Team Grades 9 - 12 Boys Team Grades 9 - 12	Cross Country running is a sport in which teams and individuals run a race on open-air courses over natural terrain. The course, typically 4-12 kilometers (2.5 – 7.5 mi) long, may include surfaces of grass and earth, pass through woodlands and open country, and include hills, flat ground and sometimes gravel. It is both an individual and a team sport; runners are judged on individual times and a points-scoring method for teams.
FOOTBALL Varsity & JV Aug. 5 – Nov. 8 Boys Team Grades 9 – 12	Football is a sport played by two teams of eleven players on a rectangular field 120 yards long by 53.3 yards wide with goal posts at each end. The offense attempts to advance an oval ball down field by running or passing it. They must advance it at least ten yards in four downs to receive a new set of downs and continue the drive; if not they turn over the ball to the opposing team.

<p>SOCCER Oct. 21 – Jan. 25 Girls Team Grades 9 - 12 Boys Team Grades 9 - 12</p>	<p>Soccer is a sport played between two teams of eleven players with a spherical ball. It is the world’s most popular sport. The game is played on a rectangular field with a goal at each end. The object of the game is to score by using any part of the body besides the arms and hands to get the soccer ball into the opposing goal.</p> <p>The goal keepers are the only players allowed to touch the ball with their hands or arms while it is in play and then only in their penalty area.</p>
<p>BASKETBALL Varsity & JV Oct. 21 – Feb. 15 Girls Teams Grades 9 – 12 Boys Teams Grades 9 - 12</p>	<p>Basketball is a sport played by two teams of five players on a rectangular court. The objective is to shoot a ball through a hoop 18 inches (46 cm) in diameter and 10 feet (3. 0 m) high mounted to a backboard at each end.</p> <p>A team can score a field goal by shooting the ball through the basket during regular play. A field goal scores two points for the shooting team if a player is touching or closer to the basket than the three-point line.</p>
<p>POWERLIFTING Provine and Wingfield Oct. 21 – Feb. 4 Girls Team Grades 9 – 12 Boys Team Grades 9 - 12</p>	<p>Powerlifting is a strength sport that consists of three attempts at maximal weight on three lifts: squat, bench press, and dead lift. Powerlifting involves lifting weights in three attempts. Weight belts may be used.</p>
<p>GOLF Feb. 3 – April 11 Girls Team Grades 9 – 12 Boys Team Grades 9 – 12</p>	<p>Golf is a precision club and ball sport in which competing players use many types of clubs to hit balls into a series of holes on a course using the fewest number of strokes.</p> <p>It is one of the few ball games that does not require a standardized playing area. Instead, the game is played on a golf course, generally consisting of an arranged progression of either 9 or 18 “holes.” Each hole on the course must contain a “tee box” to start from, and a “putting green” containing the actual hole.</p>
<p>TENNIS Feb. 3 – April 7 Girls Team Grades 9 – 12 Boys Team Grades 9 - 12</p>	<p>Tennis is a sport usually played individually against a single opponent (singles) or between two teams of two players each (doubles). Each player uses a racquet that is strung with cord to strike a hollow rubber ball covered with felt over or around a net and into the opponent’s court. The object of the game is to play the ball in such a way that the opponent is not able to play a good return.</p>
<p>TRACK & FIELD Feb. 3 – April 11 Girls Team Grades 9 – 12 Boys Team Grades 9 - 12</p>	<p>Track and field is a sport comprised of various competitive athletic contests based on running, jumping, and throwing.</p> <p>Track and field events are generally individual sports with athletes challenging each other to decide a single victor. The racing events are won by the athlete with the fastest time, while jumping and throwing events are won by the athlete who has achieved the greatest distance</p>

<p>TRACK & FIELD CONTINUED</p>	<p>or height in the contest. The running events are categorized as sprints, middle and long-distance events, relays, and hurdling. Regular jumping events include long jump, triple jump, high jump, and pole vault, while the most common high school throwing events are shot put, and discus.</p>
<p>BASEBALL Varsity & JV Feb. 3 – April 26 Boys Teams Grades 7 - 12</p>	<p>Baseball is a bat and ball game played between two teams of nine players who take turns batting and fielding. The offense attempts to score more runs than its opponents by using a bat to hit a ball thrown by a pitcher. A run is scored when the runner advances around the bases and returns to home plate. Players on the batting team take turns hitting against the pitcher of the fielding team, which tries to prevent runs by getting hitters out in any of several ways.</p>