



OSWEGO
CITY SCHOOL DISTRICT
Fully prepared and life ready!

Oswego Middle School

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September 4, 2019

Dear parent(s)/guardian(s),

This year at OMS we are excited to offer an after school intramurals program to our students. Below is an outline of the intramurals program.

- Four 8-week co-ed sessions throughout the school year
- Tuesdays & Thursdays 2:30-3:30pm afterschool
- Late bus available at 3:20pm
- Supervised by OMS teachers
- Sign-ups will be held prior to the beginning of each session
- Space may be limited depending on the level of interest

Session & Start Date	Session 1 September 10th	Session 2 November 5th	Session 3 January 28th	Session 4 March 31st
Activity 1	Volleyball	Basketball	Lacrosse	Tennis/Biking
Activity 2	Weightroom	Weightroom	Weightroom	Weightroom

A detailed list of all session dates can be found on the second page.

Please return this permission slip indicating your son/daughter has permission to participate in the OMS intramurals program. Permission slips will only be accepted in the Main Office.

I hereby give permission for my child to participate in the OMS Intramurals Program for the 2019-2020 school year.

Parent/Guardian Name (Printed)

Parent/Guardian Signature

Student Name (Printed)

Student Signature

OMS Intramurals

2019-2020 Sessions and Schedule

Session & Start Date	Session 1 September 10th	Session 2 November 5th	Session 3 January 28th	Session 4 March 31st
Activity 1	Volleyball	Basketball	Lacrosse	Tennis/Biking
Activity 2	Weightroom	Weightroom	Weightroom	Weightroom

Session 1	<i>Volleyball & Weightroom</i>		Session 2	<i>Basketball & Weightroom</i>	
Week	Tuesday	Thursday	Week	Tuesday	Thursday
1	9/10	9/12	1	11/5	11/7
2	9/17	9/19	2	11/12	11/14
3	9/24	9/26	3	11/19	11/21
4	10/1	10/3	4	12/3	12/5
5	10/8	10/10	5	12/10	12/12
6	10/15	10/17	6	12/17	12/19
7	10/22	10/24	7	1/7	1/9
8	10/29	10/31	8	1/14	1/16
Session 3	<i>Lacrosse & Weightroom</i>		Session 4	<i>Tennis/Biking & Weightroom</i>	
Week	Tuesday	Thursday	Week	Tuesday	Thursday
1	1/28	1/30	1	3/31	4/2
2	2/4	2/6	2	4/14	4/16
3	2/11	2/13	3	4/21	4/23
4	2/25	2/27	4	4/28	4/30
5	3/3	3/5	5	5/5	5/7
6	3/10	3/12	6	5/12	5/14
7	3/17	3/19	7	5/19	5/21
8	3/24	3/26	8	5/26	5/28

All sessions run from 2:30-3:30pm. Students may take the late bus home at 3:20 or be picked up by a parent at 3:30. Students participating in school sports may join and can be excused early for practice/games.