



ARIS Middle School Athletics Schedule 26/27

Sport	Year Group	Tryouts	Practice Schedule (In Season)	Practice Schedule (Off-Season)
Swimming	Years 7–9	Wednesday, 26 August & Saturday, 29 August 2026, 1:30 - 4:30 pm & 8:00 - 10:00 am	Mon & Thurs: 6:00 am - 7:30 am, Wednesday: 1:30 pm - 4:30 pm, Saturday: 8:00 am - 10:00 am	Year Round
Track & Field	Years 7–9	Wednesday, 26 August 2026, 1:30 - 4:30 pm	Wednesday: 1:30 pm - 4:30 pm, Saturday: 9:00 am - 11:00 am	Year Round
Chess	Years 7–9	Tuesday, 25 August 2026, 3:30 - 5:15 pm	Tuesday & Friday: 3:30 - 5:15 pm	Year Round
Girls Football	Years 7–9	Thursday, 27 & Friday, 28 August 2026, 3:30 - 5:15 pm	Monday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm, Thursday: 3:30 - 5:15 pm, Saturday: 8:00 am - 10:00 am	(Off-Season) Tuesday: 3:30 - 5:15 pm, Saturday: 10:00 am - 12:00 pm
Boys Football	Years 7–9	Monday, 24 & Tuesday, 25 August 2026, 3:30 - 5:15 pm	Tuesday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm, Friday: 3:30 - 5:15 pm, Saturday: 10:00 am - 12:00 pm	(Off-Season) Monday: 3:30 - 5:15 pm, Saturday: 8:00 am - 10:00 am
Girls Volleyball	Years 7–9	Monday, 24 & Tuesday, 25 August 2026, 3:30 - 5:15 pm	Monday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm,	Tuesday: 3:30 - 5:15 pm, Saturday: 8:00 am - 10:00 am



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			Thursday: 3:30 - 5:15 pm, Saturday: 8:00 am - 10:00 am	
Boys Volleyball	Years 7–9	Thursday, 27 & Friday, 28 August 2026, 3:30 - 5:15 pm	Tuesday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm, Friday: 3:30 - 5:15 pm, Saturday: 10:00 am - 12:00 pm	Monday: 3:30 - 5:15 pm, Saturday: 10:00 am - 12:00 pm
Girls Basketball	Years 7–9	Monday, 31 August & Tuesday, 1 September 2026, 3:30 - 5:15 pm	Monday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm, Thursday: 3:30 - 5:15 pm, Saturday: 10:00 am - 12:00 pm	Tuesday: 3:30 - 5:15 pm, Saturday: 10:00 am - 12:00 pm
Boys Basketball	Years 7–9	Wednesday, 2 & Thursday, 3 September 2026, 1:30 - 3:30 pm & 3:30 - 5:15 pm	Tuesday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm, Friday: 3:30 - 5:15 pm, Saturday: 8:00 am - 10:00 am	Monday: 3:30 - 5:15 pm, Saturday: 8:00 am - 10:00 am
Badminton	Years 7–9	Wednesday, 18 November 2026, 1:30 - 3:30 pm	Monday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm, Thursday: 3:30 - 5:15 pm	—(Off-Season is in Season 1) Monday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm,



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Table Tennis	Years 7–9	Wednesday, 18 November 2026, 1:30 - 3:30 pm	Tuesday: 3:30 - 5:15 pm, Wednesday: 1:30 - 3:30 pm, Friday: 3:30 - 5:15 pm	—(Off-Season is IN Season 1) Tuesday: 3:30 - 5:15 pm, Friday: 3:30 - 5:15 pm

* Badminton and Table Tennis run for one season only with 1 off-season. Chess, Cheerleading, Swimming, and Track & Field are year-round sports.