



# HARKER

## LS INTERSCHOLASTIC AND INTRAMURAL SPORTS

The following important information appears in your student/parent handbook. We are repeating it here for your convenience:

A student is eligible to participate in after-school sports beginning in grade 4. At the grade 4 level the program is designed to introduce the students to those skills and fundamentals necessary to participate in a variety of team sports. The important aspects of teamwork and good sportsmanship are also taught in a familiar and safe environment.

In grade 4 the league provides interscholastic competition during basketball and track season for both girls and boys. When necessary, grade 4 students may be added to a grade 5 interscholastic team if there are not enough grade 5 students to complete a team. Most grade 4 students participate in a structured intramural program that allows for important skill development and training, as well as a schedule of intramural games where the students can compete in a game setting amongst their peers.

In grade 5 we continue to teach the fundamentals necessary to enhance skill development and sportsmanship. At the grade 5 level we introduce the students to interscholastic competition for a variety of team sports. One interscholastic traveling team is chosen for most sports, based on a tryout process, to compete against other schools. A second competitive team will be considered if the pool of skilled players is large enough to fill one, and there are enough opponents to play.

All other grade 5 students who do not make the interscholastic team compete in a structured intramural program that may include the fourth graders. Participation in this program is helpful in developing students skills for possible inclusion on an interscholastic team in the future, as well as to help them stay fit and to allow them to have fun with their friends.

All lower school students who chose to participate in after-school sports are expected to attend practice daily. It is mandatory to attend practice on Tuesdays, Wednesdays (swimming Tuesday/Thursday; track no mandatory days) and all game days.

- Practice runs daily from 3:45-5 p.m. for grades 4-5. If practice is held off-campus, it will run from 4-5:15 p.m.
- Parents are not allowed to watch tryouts or practices. Parents are encouraged to watch games.



## 2026-27 Seasons

Online sign-ups will begin Mon., Aug. 3



### FALL

Sept. - Mid-Oct.

Flag Football,  
Swimming, Girls Softball

### EARLY WINTER

Mid-Oct. - Mid-Dec.

Boys Basketball  
Girls Soccer

### LATE WINTER

Early Jan. - Mid-March

Boys Soccer  
Girls Basketball



### SPRING

Mid-March - Mid-May

Baseball, Girls Volleyball,  
Track



Interscholastic Lower School League-West Bay Athletic League (WBAL)

Castilleja, Crystal Springs Uplands, Episcopal Day School, Highlands Christian, Keys School, Menlo School, Nueva School, Pinewood School, Priory, Sacred Heart, The Girls Middle School, The King's Academy, Woodland School

All athletic sign-ups will be done through the BEST registration process.

Please refer to your lower and middle school athletic handbook for more detailed after-school sports information.