Football (August – October)
Football is a non-cut sport, but it is not an intramural program, and all students do not play equal time. Coaches will determine playing time as they see each athlete’s performance best fitting the team.

Cross Country (August -October)
Cross Country is a non-cut sport, but students are ranked by their times in the 1.5 and 2 mile run. A JV team will be formed if needed. The team plans to allow 8th graders to move up to the high school level for competitions when the mid school season ends.

Volleyball (August - October)
Volleyball is a cut sport for both the 7th and 8th grade girls. Coaches will select between 12 and 15 girls for each grade level. Making the team will be based on volleyball skills, attitude, cooperation and teamwork.

Tennis (August -October)
Tennis is beginning its 3rd season as a mid school sport. Practices usually begin after the start of the school year, and take place at Mesa Courts. Tennis is non-cut with every player usually getting to compete in at least 3 tournaments. Tennis is open to both boys and girls at both grade levels.

Cheer Team (August - March)
Cheer team tryouts will be held in the LAMS cafeteria beginning in August. All girls who try out must be aware that they may be cut. Team selection is based on skills, attitude, cooperation and teamwork.

Girls Basketball (October - December)
Girls basketball season will begin in October. 12 - 15 girls will be selected for each grade level team. The season will end with tournaments in December.

Wrestling (October - December)
Wrestling is open to both girls and boys. The season will begin in October. Wrestling is a non-cut sport, and there is only one team for both the 7th and 8th grade levels.

Boys Basketball (November -March)
Boys basketball begins pre-season workouts in November. The tryouts will take place during the first two weeks of December. Only 12 - 15 students will be selected to each grade level team. The season will conclude the first weekend in March.

Track and Field (March - May)
The track and field season will begin at the end of February. Due to the weather, sometimes practices are limited for the first few weeks into March. Track is a non-cut sport, but the stopwatch and tape measure may limit some students’ participation. A JV team may be formed if needed.