



Strategies for Transitioning From Community Sports to Middle School Athletics



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Youth Sports vs. MS Sports





Goals for Youth Sports





Goals for Youth Sports

- **Safety**
- **Skill development**
- **Fun**
- **Teamwork**
- **Positivity**
- **Sportsmanship**
- **Competition**



Benefits of MS Sports

- **Improved Physical and Mental Health**
- **Enhanced Academic Performance**
- **Development of Life Skills**
- **Greater Social and Emotional Well-being**



Community vs. MS Sports

COMMUNITY SPORTS VS. MIDDLE SCHOOL SPORTS

	Community Sports	Middle School
Who Can Join	Open to all children in the age group (no school enrollment required)	Only students enrolled in the school
Tryouts	Often no tryouts; focuses on participation	Usually has tryouts and limited roster spots
Competition Level	Recreational to moderate competition	More structured and competitive
Coaching	Volunteer or parent coaches	School staff or hired coaches
Practice Schedule	Usually 1–2 practices per week	More frequent practices; may be several times a week
Game Schedule	Weekends or flexible scheduling	Follows school athletic conference schedules
Costs	Often requires a fee (uniforms, league costs)	Usually lower cost; some schools subsidize
Season Length	Varies widely by organization	Fixed season defined by the school district
Travel	Typically local Based on age group	May involve traveling to other schools



Beginning the Transition

Three Main Target Groups

- **Parents**
- **Student Athletes**
- **Coaches**



Parents

- **Educate!**
- **Educate!**
- **Educate!**





Meet With Parents

- Orientation Night- presentation (Discuss the role of MS athletics and how it is different- introduction to weights and conditioning)
- Have coaches available
- [Separate evening](#)



Tryout Meeting

Before any tryout season- have a parent/athlete tryout meeting

Cover:

Tryout expectations

Requirements (Physicals) Rubric

Academics

Cut process

Manager oppo





Team Parent Meeting

Once teams are selected- have a team parent meeting.

Cover:

Parent expectations
(Issues)

Team Mom or Dad Info

Snacks

Communication

Playing Time

Practices





Student Athletes

Build Relationships!

Build Relationships!

Build Relationships!





Strategies

- **Middle School athletes involved at feeder elementary schools**
- **Meet and greet at orientation night or separate evening**
- **Utilize gym teachers**
- **Athletic/Activity Fair- use current MS student athletes**





Strategies

- **Encourage participation in intramural sports**
- **Weights and Conditioning Club**
- **Pre-season meetings**
- **In-season meetings**
- **Post-season meetings**





Coaches - Youth

- Reach out to youth associations and offer coaching clinics- emphasizing skills that need to be taught
- Skills and practice handbook
- Invite youth teams to games/events and vice versa
- Recognize youth sports coach of the month





Coaches - MS

- **Communicate!**
- **Communicate!**
- **Communicate!**





Strategies

- **Communicate early, often and consistently**
- **Understand the differences and promote skill development and the importance of team and roles**
- **Stress the need to focus on academics, sportsmanship and citizenship**
- **Make your sport FUN- number one reason kids quit sports**



Summary

Definitely a tough transition time:

- **Everyone is an all star**
- **Not necessarily understand the importance of team**
- **Parents have been heavily involved- coaching**
- **Coming in with different coaching experiences**

Communicate, Educate, and Enjoy the Ride!



Youth Sports By the Numbers

According to National Council of Youth Sports:

70% of young people quit sports by age 13 often due to factors like unsafe environments, ineffective coaching, and a lack of proper support

National Average of Participation is 54% (Project Play-Aspen Institute)





Participation Data (Project Play - 2 0 2 2)

Sports Participation by State: Highest to Lowest

State	Participation Rate	State	Participation Rate	State	Participation Rate	State	Participation Rate	State	Participation Rate	State	Participation Rate
Vermont	69.4%	Minnesota	61.7%	Washington D.C.	59.7%	Colorado	54.9%	Tennessee	51.4%	Arkansas	48.3%
Iowa	67.8%	Idaho	61.1%	Maryland	59.0%	Oregon	54.5%	South Carolina	51.2%	West Virginia	47.7%
North Dakota	66.7%	Illinois	60.9%	Indiana	58.1%	Alabama	54.3%	California	50.8%	Louisiana	46.5%
Wyoming	64.4%	Montana	60.8%	Ohio	57.9%	New Jersey	54.0%	Georgia	50.8%	Mississippi	46.2%
Maine	64.4%	Massachusetts	60.7%	Pennsylvania	57.2%	Alaska	53.7%	Virginia	50.2%	Nevada	46.1%
South Dakota	64.2%	Connecticut	60.6%	Hawaii	55.9%	Washington	53.7%	Arizona	49.8%	New Mexico	40.8%
New Hampshire	64.1%	Utah	60.5%	Rhode Island	55.7%	Kentucky	52.7%	Texas	49.3%		
Kansas	62.3%	Michigan	60.4%	New York	55.2%	Delaware	52.7%	North Carolina	49.3%		
Nebraska	62.2%	Wisconsin	60.3%	Missouri	55.0%	Oklahoma	52.0%	Florida	48.7%		



Three Key Stakeholders to E d u c a t e

- **Student-Athletes**
- **Parents/Guardians**
- **Coaches**





Athletic Interest Night



IF YOU ARE INTERESTED IN
PARTICIPATING IN:

**SDMS
CHEER
BASKETBALL
TRACK & FIELD**

**PARENT MEETING ON
TUESDAY, APRIL 9TH
5:30 PM - 6:30 PM
IN SDMS AUDITORIUM**

Topics to be Discussed:

- Eligibility Requirements
- Sports Physical Due Dates
- Cheer Tryout Information

**IN ORDER TO TRY OUT FOR
ANY SPORT, STUDENTS
MUST HAVE A SPORTS
PHYSICAL DATED ON OR
AFTER APRIL 15, 2024
TURNED INTO THE SDMS
FRONT OFFICE.**





Athletic Handbook

- Provide each student-athlete and parent/guardian with copy.
- Pre-season Meeting with student-athlete and parent/guardian in attendance.
- Must attend and sign electronically.



South Doyle Middle School Student-Athlete Handbook

I _____ agree and understand the following:
Printed name of Student Athlete



Our Student - Athletes Voice

Spend Time with My Teammates

Winning

Playing in Tournaments

Coach Treats Me with Respect



SDMS Player Development Card

Name: _____

BOY MOY EOY

Grade: 6 7 8

Strengths	Areas for Growth

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

◀ to Middle Juniata Athletes

- 3x year (Pre, Middle, Post)
- 2:1 ratio Strengths: Areas for Growth
- Individual Meetings
- On Back: Student completes Plan of Action



Player Development Card Thoughts





Celebrate Student - Athletes



TENNESSEE SECONDARY SCHOOL ATHLETIC ASSOCIATION

Distinguished Scholastic Achievement Award

THIS AWARD IS PROUDLY PRESENTED TO

SOUTH-DOYLE MIDDLE SCHOOL

Boys' Basketball

2024-2025

for having a team GPA of 3.57 in their classroom work (on a 4.0 scale) while actively participating in interscholastic athletics. The students on this team exemplify the perseverance and dedication that our school seeks to cultivate in students through athletic participation.

Mark Reeves

TSSAA EXECUTIVE DIRECTOR

PRINCIPAL

COACH





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