



# Foothill Middle School

## 2025 – 2026 After-School Sports Programming

Registration for Fall (1) and Fall (2) is open now! Click here to view and register: [WCI Sports Registration](#). Registration for Winter and Spring programs will be announced at a later date.

Program dates, times, locations and structure are subject to change.

Email: [afterschoolsports@walnutcreekrec.org](mailto:afterschoolsports@walnutcreekrec.org) with any questions or concerns!

### Fall (1) FH:

#### **Girls Competitive Volleyball | 8/13 - 10/10**

Mondays, Tuesdays, Wednesdays, Thursdays | 3:00pm – 5:45pm | Gym

\*M/W practices 3:00pm- 4:15pm. T/Th games 6/7 team @ 4pm, 8 team @ 5pm

#### **Fall Run Club | 9/16-10/30**

Tuesdays, Thursdays | 3:00pm-4:00pm | FH Track / Blacktop

#### **Functional Fitness | 8/18 - 9/29**

Mondays | 3:00pm – 4:00pm | Blacktop

#### **Girls Basketball Training | 8/19 - 9/30**

Tuesdays | 3:00pm – 4:00pm | Blacktop

#### **Co-Ed Intramural Volleyball | 8/18 - 10/1**

Mondays, Tuesdays, Wednesdays | 4:30pm – 5:45pm | Gym

#### **Co –Ed Beach Volleyball | 8/15 - 10/3**

Fridays | 3:30pm – 4:30pm | Northgate Sand Volleyball Courts

#### **Boys Flag Football | 9/8 - 10/22**

Mondays, Wednesdays | 3:45 – 4:45 | Heather Farm Park Field #5

### Fall (2) FH:

#### **Girls Competitive Basketball | 10/14 - 12/19**

Mondays, Tuesdays, Wednesdays, Thursdays | 3:00pm – 5:45pm | Gym

M/W practices 4:30 – 5:45pm. T/Th games 6/7 team @ 4pm, 8 team @ 5pm

#### **Pickleball | 10/17 - 12/12**

Fridays | 3:00 – 4:15pm | Gym

#### **Boys Basketball Training | 10/20-12/11**

Mondays, Tuesdays, Wednesdays | 3:00pm – 4:15pm | Blacktop/Gym

#### **Girls IM Basketball | 10/22 - 12/10**

Wednesdays | 3:00pm – 4:15pm | Blacktop / Gym

## Winter FH:

### **Boys Competitive Basketball | 12/15 - 2/27**

Mondays - Thursdays | 3:00pm – 5:45pm | Gym

### **Boys Intramural Basketball | 1/5 - 2/19**

Mondays, Thursdays | 3:00pm – 4:15pm | Gym / Blacktop

### **Co-Ed Beach Volleyball | 1/6 - 2/26**

Tuesdays, Thursdays | 3:00 – 4:30pm | Heather Farm Sand Courts

## Spring FH:

### **Pickleball | 3/2- 4/1**

Mondays, Tuesdays, Wednesdays | 3:00pm – 4:15pm

### **Basketball Skills + Scrimmages | 3/2 - 4/1**

Mondays, Wednesdays | 4:30 – 5:45pm

### **Volleyball Skills & Drills | 3/3 - 4/2**

Tuesdays, Thursdays | 4:30pm – 5:45pm

### **Badminton | 3/5 - 4/2**

Thursdays | 3:00pm – 4:15pm

### **Co-Ed Golf | 3/9 - 5/14**

Mondays – Thursdays | 3:30pm – 6:00pm

### **Co-ed Intramural Volleyball | 4/14 – 5/20**

Mondays, Tuesdays, Wednesdays | 3:00 pm – 4:15pm

### **Competitive Volleyball Training | 4/15 - 5/20**

Mondays, Wednesdays | 4:20pm – 5:35pm

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### Intramural Program:

The intramural programs are available for 6<sup>th</sup> – 8<sup>th</sup> graders and are focused on developing fundamental skills with a focus on fun, teamwork and sportsmanship. There are no tryouts, all skill levels are welcomed, and equal participation is an emphasis. Practices are held at WCI with a potential “friendly” semi-structured away match at Foothill Middle School. Families are responsible for participant transportation.

### Competitive Program:

6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade are eligible to try out for the competitive programs. Team grade makeup is subject to tryout participation. Advanced skills taught and developed within a challenging competitive practice and game environment. Playing time is not guaranteed. Teams play in the East Bay Middle School League and have home and away games against other East Bay schools. Families are responsible for participant transportation.

### Student Eligibility:

Students must be enrolled at Walnut Creek Intermediate or Tice Creek for at least seven periods. Students must maintain a 2.0 GPA and have no "F" grades. The date from which a student is ineligible is five days following the close of the grading period. An ineligible student shall not be eligible during the next quarter. A student suspended more than one day per quarter shall be ineligible for two weeks. Suspended students are ineligible to play or practice on the day of suspension. By signing your child up for this program, you provide the City of Walnut Creek access to your child's academic data in order to perform this eligibility check.