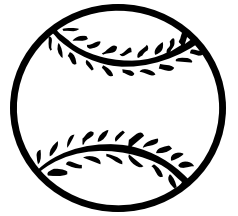


Difference Between Middle School and High School Sports:

Challenges

- Much more demanding
- A lot of hard work
- A lot of time
- Practices every single day, some may have two practices a day during the summer before school starts
- Some sports may have a game every other day
- May not get home until 9:30 from a game



Advantages

- Helps with time management
- Meet many people and friendships are built (even outside of sports, many sport teams will hang out with each other)
- As a team, some teams have pasta parties, have car washes, and etc.
- Fun and competitive
- Promotes a healthy lifestyle and helps reduce stress



Note: I would strongly encourage you to get involved in your high school. Sports are an excellent way to meet people and get involved. If being involved in sports is not for you, I would encourage you to join a club or something else that interest you.

