

Intramural Basketball

Attention **ALL EMS** students! Our intramural basketball season is finally here.

- EMS Intramural Sports will be hosting our basketball open gym sessions & games once to twice a day each week starting the week of March 11th from 4:30 PM – 6:30 PM.
- If you're interested in playing basketball with & against your friends & other students within our school, please make sure that you have the following items completed:
 - Sign up Form using QR Code or link.
 - Must have an updated RCPS Sports Physical uploaded into a RankOne account & all RankOne information must to be signed & completed to participate (All Sports Physical documents & links are located on our EMS school website).
 - Pay \$40.00 Intramural Sports Fee.
- Please see Coach Westbrook if you have any questions.



Intramural Volleyball

Attention **ALL EMS** students! Our intramural volleyball season is finally here.

- EMS Intramural Sports will be hosting our volleyball open gym sessions & games once to twice a day each week starting the week of March 11th from 4:30 PM – 6:30 PM.
- If you're interested in playing volleyball with & against your friends & other students within our school, please make sure that you have the following items completed:
 - Sign up Form using QR Code or link.
 - Must have an updated RCPS Sports Physical uploaded into a RankOne account & all RankOne information must to be signed & completed to participate (All Sports Physical documents & links are located on our EMS school website).
 - Pay \$40.00 Intramural Sports Fee.
- Please see Coach Westbrook if you have any questions.

