

Harmony Middle School

Competitive Sports Schedule 2022-2023

August-September

Girls and Boys Cross Country
Girls and Boys Golf
Girls and Boys Soccer

October-December

Girls and Boys Volleyball
Competitive Cheerleading

January-February

Girls and Boys Basketball

February-April

Girls and Boys Flag Football
Wrestling

April-May

Girls and Boys Track/Field
Girls Fast Pitch Softball

* Tryouts/practices for sports may actually begin prior to the month listed for each sport. Tryout information will be posted outside of the gym area and sent out via REMIND app: (text @hrmssports to 81010 to sign up)

* A current completed Osceola Middle School Physical packet must be turned in and approved by PE staff at least one day prior to trying out. ** Also, Concussion IMPACT computer testing must be completed once every 365 days by the student. This must be taken at home or on school computer. Once they are approved, a student can try-out for any sport for that year (as long as they meet the GPA requirement.) The student must turn it in personally to any of the PE coaches. Packets are available in the gymnasium, front office and school website: www.osceolaschools.net/hrms (under Athletics.)

* Concussion baseline testing- (computer based) must be completed by all students wanting to try-out for any sport every 365 days. Instructions are on the website. Make sure you are turning in your packet with the date written on the check sheet. ALL PHYSICAL PACKETS MUST BE TURNED IN "IN PERSON" TO ATHLETICS.

FYI: OPEN INTRAMURALS: Open play for students to work on their skills in each sport. Schedule will be sent out on REMIND. The "Open Facilities and Summer Athletic Participation Form" must be filled out.

**** Sign up for REMIND text messages for all HRMS Sports info, tryouts and Open Intramurals by texting @hrmssports to 81010.**