The Upper School Athletics program offers various opportunities for students by sport. Varsity Athletics are typically for Upper School students who have shown the perseverance and dedication necessary to commit to a higher level of academic and athletic challenges. Their schedule typically includes both home and off-campus competition. Though all interested students are encouraged to participate, if an excessive number of students are interested in playing, placement period may be held to determine teams. Student-athletes will be placed according to attitude, skill, experience, and familiarity with the game. Our teams compete independently, but adhere to NFHS rules and guidelines.

### Fall Sports

**Co-ed Cross Country**  
August 5-October 18  
MTThF practices from 3:30-5:30 p.m.; W 2-4:30 p.m.  
Practice times may vary to accommodate weather.  
Away meets only, dates will vary

**Girls’ Volleyball**  
July 29-October 4  
MTThF practices from 3:30-6 p.m.; W 2-5 p.m.  
Home & Away Matches

**Weight Training Club**  
September 9-October 18  
MF workouts from 3:30-4:30 p.m.  
*Numbers permitting*

**Co-ed Tennis Club**  
September 30-November 8  
MTThF practices from 3:30-4:30 p.m.  
No matches

### Winter Sports

**Boys’ Basketball**  
October 21-February 14  
Pre-Season workouts begin after Labor Day  
MTThF practices from 3:30-6:15 p.m.; W 2-5 p.m.  
Home & Away Games

**Girls’ Basketball**  
October 21-February 14  
MTThF practices from 3:30-6:15 p.m.; W 2-5 p.m.  
Home & Away Games  
*Numbers permitting*

**Girls’ Cheerleading**  
November 4-February 14  
MTTh practices from 3:30-6:15 p.m.; W 2-5 p.m.  
Home schedule from boys’ & girls’ basketball

### Spring Sports

**Co-ed Golf**  
March 23-May 7  
(dates subject to change)  
MTTh practices from 3:30-5 p.m.  
Course days weekly, but no team matches

**Co-ed Soccer**  
February 24-May 1  
MTTh practices from 3:30-6 p.m.; W 2-5 p.m.  
Home & Away Games

**Co-ed Tennis**  
February 24-May 9  
MTTh practices from 3:30-6 p.m.  
Home & Away Matches

**Weight Training Club**  
April 6-May 15  
TTh workouts from 3:30-4:30 p.m.  
*Numbers permitting*

### Fitness Training

Strength & Conditioning private lessons are available year-round through Coach Jason Church, at an additional fee.  
Individuals may reach out at jason.church@curreyingram.org to coordinate private or group training outside of school and athletic workout hours.

The fee for Mustang Varsity Athletics Team participation is $130 per season. The fee for Club participation is $80 per season.
Varsity Athletics - Frequently Asked Questions

* Who will coach my student-athlete’s team?

Coaches for Varsity Athletics are hired by Mustang Athletics and are typically faculty and staff at Currey Ingram Academy.

* When will my student-athlete practice?

Practice schedules vary by season and sport and are based on facility needs, coaches’ schedules, and the amount of students who participate in a sport. Practices for Varsity Sports typically are 4-5 days a week. Practices typically start at dismissal (3:30 p.m.) in the Weight Room and run until approximately 6:00 p.m. At the Varsity level, it is possible to have practice on a day that we do not have school, including conference days. Schedules will be communicated by each coach.

* How do I get a practice and game schedule?

Practice and game schedules vary by season and sport. To stay developmentally appropriate, at the Varsity level, practices are more intense and more frequent. Teams typically practice 4-5 days a week, after school until approximately 6 p.m. Time with our Strength & Conditioning Coach is included in after school practice times. Your student-athlete’s coach will send the general practice and game schedule via email to start the season. After that, because there can be edits to the schedule, you will rely on a weekly email from your student’s coach with the schedule for the week ahead. Schedules are posted online at www.curreyingram.org/athletics, when they become available. Any updates are made there first. You can link to this schedule via a digital calendar feed via the My CIA calendar filters. Please note that some web calendar providers (e.g., Google) can take up to two days to refresh their feeds.

* Will my student-athlete play away games, and what transportation is provided?

Varsity teams will travel. Students will be dismissed from school and ride to the game location via school-provided transportation. All student-athletes are required to ride to away contests on school-provided transportation, unless other arrangements have been made with the Athletics Department. You may pick your student up from the away site at the conclusion of the contest, assuming they have let their coach that they will be leaving with you. Students may not ride home with other students without prior communication with the coach. If you do not pick your child up from the away game, the bus will return to CIA at the conclusion of all contests. Game locations and best-guess times for departure and arrivals are sent via the weekly email from your student's coach. When boys and girls travel together (co-ed sports or seasons), boys and girls sit on opposite sides of the bus.

* How do you assign teams? What is “placement”?

Mustang Athletics is a no-cut athletics program. However, due to the intense level of play of some sports, we hold a placement period in order to appropriately place student-athletes on teams to best match skill and competition. For student-athlete safety purposes, there is no guarantee a high school student will be placed on a team that competes in games. At the conclusion of the placement period, students accept or decline their placement. From that point forward, teams are set. When a placement period for a sport is anticipated, you will receive information about placement period dates/times and team competitive levels (team and/or club).

* What teams do you play against?

Mustang Athletics is an independent athletic program. However, scheduling is often done before we hold sign-ups. Therefore, we commit to having a team often more than six months in advance of a season. Most of our sport offerings and our season structures are based on the schedules of the TSSAA. We compete against both private and public schools, both locally and out-of-town. Despite not having a conference affiliation, we abide by rules and regulations set forth by the National Federation of High Schools (NFHS).

* What is the difference between clubs and teams offered by Mustang Athletics?

On occasion, there is not enough interest to create a competitive sport or developmental readiness is not at the level needed to compete against other schools at the Varsity level. When that happens, we may offer a sport club as an option to build skills in the sport being offered. These clubs are still offered through Mustang Athletics and practice after school, but they do not have a schedule of games. Practices for clubs are usually two to three days a week.