



ATHLETIC OFFERINGS

7-12 GRADES



FOOTBALL

7TH-8TH BOYS

All boys may participate in football as no cuts are made. The 7th grade team practices during 7th grade athletic period. The games are played on Mondays. The 8th graders practice during JH athletic period and after school. The games are played on Thursday.

VOLLEYBALL

7TH-8TH GIRLS

7th and 8th grade tryouts for these teams are held in May. Practices for these teams will be minimal in the summer. The 7th grade team practices during 7th grade athletic period. The 8th grade team practices JH athletic period and after school. Games for these two teams will be played on Monday and Wednesday.

CROSS COUNTRY

7TH-8TH BOYS & GIRLS

No cuts are made for this team. Practices start in June. The season runs from September through October with meets on Saturdays.

LRCAs will play under the rules and regulations of AAA all the above teams must have at least 2 other AAA member teams to compete all coaches will be certified by the state of Arkansas or AAA

CHEER

7TH-9TH GIRLS

Tryouts for these teams are in the spring. The 7th grade consists of 8-18 members. The team practices one day a week after school. This team cheers for their respective football and basketball teams. The JH team (8th and 9th grade) consists of 8-18 members. Practice is after school one day a week. This team cheers for JH football and basketball teams.

BASKETBALL

7TH-8TH BOYS & GIRLS

7th and 8th grade tryouts are held in May. The girls team and the boys team will consist of 8-15 members each. The 7th grade team practices during 7th grade athletic period. Most games are played on Saturdays. The 8th grade team practices during JH athletic period and after school. Games are played on Monday and Thursday.

WRESTLING

7TH-8TH BOYS

No cuts are made for this squad. The squad practices after school starting in October. The season extends from mid-November through mid-February.

TRACK

7TH-8TH BOYS & GIRLS

No cuts are made on these teams. Pre-season training begins in January after school. The season extends from March through late April.

Parents are responsible for all cost involved.

FOOTBALL

9TH-12TH BOYS

All boys may participate in football with the final decision made by the head coach. The 9th graders practice during JH athletic period and after school. The games are played on Thursdays. The varsity team which consists of 10th – 12th grades, practices after school every day until 6:00pm. The games are played on Fridays. The season extends from August through early November.

VOLLEYBALL

9TH-12TH GIRLS

Tryouts for the 9th grade team are in May. Practices are during JH athletic period and after school. The games are played on Monday and Wednesdays. The varsity team consists of 10th-12th graders. Tryouts for varsity team are in May. Practices are after school until 5:30pm. The games are played on Tuesdays and Thursdays. The season extends from August through October.

GOLF

9TH-12TH BOYS & GIRLS

Tryouts will be in April or May if needed. Practices are after school every day courses are available. Matches are on Tuesdays and Thursdays. The season extends from August to late September.

CROSS COUNTRY

9TH-12TH BOYS & GIRLS

No cuts are made for this team. Practices start in June. The season runs from September through November with meets on Saturdays.

TENNIS

9TH-12TH BOYS & GIRLS

Tryouts are held the first week of school. Practices will be determined by the court availability at Pleasant Valley Country Club and Burns Park. The matches are played on Tuesday and Thursdays. The season extends from mid-August thru late October.

CHEER

9TH-12TH GIRLS

Tryouts for these teams are in the Spring. The JH team (8th and 9th grades) consists of 8-18 members Practice is after school at least one day a week. This team cheers for the JH football and basketball teams. The varsity team (9th – 12th grade) consists of 8-18 members. Practice is after school at least 2 days a week. This team cheers for the varsity football and basketball teams. Participants may only tryout for one team.

POM

9TH-12TH GIRLS

Tryouts for this team is late March. The Pom team consists of 8-15 members Practice is two mornings a week and one afternoon This team performs at the football and basketball games.

LRCA will play under the rules and regulations of AAA
All coaches will be certified by the state of Arkansas or AAA

BASKETBALL

9TH-12TH BOYS & GIRLS

Tryouts are held in May for the 9th grade teams. The team consists of 7-12 players.

Practices are during JH athletic period and after school. Games are played on Mondays and Thursdays. Tryouts for the varsity team which consists of 10th -12th grades are held in May. Practices are after school until 6:30pm. Games are played on Tuesdays and Fridays. The season extends from early November thru early March.

WRESTLING

9TH-12TH BOYS

No cuts are made for this team. Practices are after school every day starting in October. The matches extend from late November thru late February.

SWIMMING

9TH-12TH BOYS & GIRLS

No cuts are made for this team. Practice is two or three days after school. Meets are on Monday, Tuesday, Thursday and Saturday. The season extends from late November thru late February.

SOCCER

9TH-12TH BOYS & GIRLS

Tryouts for these teams are in mid-January. Practice is every day after school until 6:00pm. The games are played on Monday, Tuesday, Thursday and Fridays. The season extends from late February thru mid- May.

BASEBALL/ SOFTBALL

9TH-12TH BOYS & GIRLS

Tryouts for these teams will be after Thanksgiving break. Practice is every day after school until 6:00pm. The games are played on Tuesday, Thursday and Fridays. The season extends from late February to mid-May.

TRACK

9TH-12TH BOYS & GIRLS

No cuts are made for these teams. Practice is every day after school until 5:30 pm. The events are on Tuesdays and Thursdays. The season extends from late January thru mid-May.

