

Merryhill Midtown School

The Merryhill Midtown School offers a comprehensive seasonal sports program where students can participate in a variety of activities throughout the year. Program coordinators understand every student is unique and has a different skill set, and a variety of sports are offered including basketball, cross-country, flag football, golf, track & field, and volleyball. This gives students many choices and opportunities to find their preferred sport through participation in this thriving program, offered to students in the 5th through 8th grade classes. Younger students at the school can participate in their Little Dribblers basketball program during the winter, which gives them a glimpse into the larger involvement they can have in the program down the road as they grow. The teams evolve each school year based on grade levels but many of their students have been playing together since they were in the third grade. The school's Athletic Director, Paul Kennedy oversees the program, and they have a great team of coaches which includes several teachers at the school.



Students practice in the school gym but also utilize other local facilities, including Land Park, which is where the cross-country team currently practices, and in the spring their golf team uses the Academy area at the Land Park Golf Course. All Merryhill Midtown's games and competitions take place at schools in the Sacramento area. The teams have had many exciting moments, especially the volleyball, basketball, and track teams, earning opportunities to compete in Playoffs and Championship games last season which were held at Christian Brothers and Jesuit High School. Their efforts have not gone unnoticed, and the 2022 - 2023 school year was the most successful in the school's history. In total the sports programs won three Championships and league banners, including the JV boys' and girls' basketball teams and the JV girls' volleyball team. Additionally, the JV girls' track team set a new league record in the 4x100m relay, with an impressive time of 58.92 seconds.

Participating in youth sports is an important growth opportunity for kids,

as it aids in personal development and strengthens team building skills. Izzy Estabrook, a 7th grade student states a highlight of being involved is "Meeting new people and working together," which is a lifelong beneficial skill to develop. And having supportive coaches and mentors invested in developing kids' love of sports is crucial, and Hadley Foster, a 7th grade student states a benefit of the school's program is having "Coaches that are invested in supporting you."

The organizers of the Midtown Athletics program urge students to give everything a try, as the focus of the programs is to create enjoyment and teamwork through a range of activities and sports. Students will learn fundamental movement abilities and acquire new skills, which are taught all the way from Jr. Kindergarten to 8th grade, helping to instill lifelong healthy habits. They find that once a student finds the area that they are passionate about, they'll want to play all the time, and then they'll really start to improve and create a lifelong love of sports.