

Middle School Activities

7th and 8th Grade Girls' Basketball

Middle school basketball is an opportunity for girls to learn the fundamentals of basketball. It is our goal to develop basketball fundamentals as well as character. The middle school program is a foundation for the Eagle's Basketball Program. Each girl will get to play on the A, B, C, or D team. We focus on footwork, shooting, ball handling, defense, screens/cuts, as well implementing basic offenses. Eagle basketball is an excellent opportunity for young girls to grow, mature, and have a great time.



The coaches focus on the basic skills of the game including shooting, passing, defense and rebounding. The philosophy of the program involves having the athletes learn the skills involved in playing the game but also to have fun while doing it. Basketball is a fast paced fun filled game.

Middle school basketball begins at the beginning of December and ends near the end of February. We do not practice over Christmas break. We practice Monday, Tuesday, Thursday, and Friday from approximately 3:45 to 5:15. The 7th graders practice primarily at Simmons Middle and Elementary. The 8th graders practice primarily at Holgate Middle School and C.C.Lee Elementary. The girls play a 10 game schedule with 5 of those games on the road.