



SONJ Sports Advancement

Fall Sports:

Cycling – Times Submission – Sectional Competition – Fall Games

Equestrian – Training – Fall Games

Flag Football – 6 weeks of league play – Fall Games

Golf – Level 1 – Submit Skill Scores – Sectional Competition

Golf – Level 2 – Submit Scores for 3 Rounds* – Sectional Competition – Fall Games

Golf – Level 4 – Submit Scores for 4 Rounds* – Sectional Competition – Fall Games

- - * Rounds from a Traditional course (not a par 3/executive course)

Soccer – Training – 6 weeks of league play – Sectional Competition (if necessary) – Fall Games

Unified Cup Soccer – Training – Fall Games

Triathlon – Training – Individual Triathlons

Winter Sports:

Floor Hockey – Training – 6 weeks of league play – Winter Games

Volleyball – Training – 6 weeks of league play – Winter Games

Figure Skating/Speed Skating/Alpine Skiing/ Cross-Country

Skiing/Snowboarding/Snowshoeing – Training – Score/Time submission – Winter Games

Indoor Rowing – Training – Crash Ps

Spring Sports:

Basketball – Training – 8 weeks of league play – Sectional Competition (if necessary) – Spring Games

Unified Cup Basketball – Training – Spring Games

Bowling (Singles) – Training – Minimum 15 games – Area Competition (1st or 2nd place finish) – Sectional Competition (1st or 2nd place finish) – Spring Games

Bowling (Team) – Participation at Area event – Spring Games

Summer Sports:

Athletics (Track & Field) – Training – Area Competition (Quota from State) – Summer Games

Bocce – Training – Score Submission – Sectional Competition – Summer Games

Gymnastics – Training – Sectional Competition – Summer Games

Powerlifting – Training – Sectional Competition – Summer Games

Team Softball – Training – 6 weeks of league play – Summer Games

Swimming – Training – Area Competition – Sectional Competition (1st or 2nd in any event) – Summer Games

Tennis – Training – Sectional Competition – Summer Games