



## **SONJ Sports Advancement**

### **Fall Sports:**

**Cycling** – Times Submission – Regional Competition – Fall Games  
**Equestrian** – Training – Fall Games (Remote)  
**Flag Football** – 6 weeks of league play – Fall Games  
**Golf – Level 1** – Submit Skill Scores – Regional Competition  
**Golf – Level 2** – Submit Scores for 3 Rounds\* – Regional Competition – Fall Games  
**Golf – Level 4** – Submit Scores for 4 Rounds\* – Regional Competition – Fall Games

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

**Soccer** – Training – 6 weeks of league play – Regional Competition – Fall Games  
**Unified Cup Soccer** – Training – Fall Games

### **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 – Regional Competition – Spring Games  
**Unified Cup Basketball** – Training – Spring Games  
**Bowling (Singles)** – Training – Minimum 15 games – County Competition (1<sup>st</sup> or 2<sup>nd</sup> place finish) – Regional Competition (1<sup>st</sup> or 2<sup>nd</sup> place finish) – Spring Games  
**Bowling (Team)** – Participation at County event – Spring Games

### **Summer Sports:**

**Athletics (Track & Field)** – Training – County Competition (Quota from State) – Summer Games  
**Bocce** – Training – Score Submission – Regional Competition – Summer Games  
**Gymnastics** – Training – Regional Competition – Summer Games  
**Powerlifting** – Training – Regional Competition – Summer Games  
**Team Softball** – Training – 6 weeks of league play – Summer Games  
**Swimming** – Training – County Competition – Regional Competition (1<sup>st</sup> or 2<sup>nd</sup> in any event) – Summer Games  
**Tennis** – Training – Regional Competition – Summer Games