



SONJ Sports Advancement

Fall Sports:

Cycling – Times Submission – Regional Competition – Fall Games
Equestrian – Training – Fall Games – Remote competition
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 / Alpine Skiing / Snowboarding / Pickleball – 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 (1st or 2nd place finish) – Regional Competition (1st or 2nd 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 (1st or 2nd in any event) – Summer Games
Tennis – Training – Regional Competition – Summer Games