



HERBERT A AMMONS MIDDLE SCHOOL

# SPORTS

Cheerleading

Cross Country – boys and girls

Soccer – boys and girls

Volleyball – boys and girls

Swimming - coed

Golf - coed

Softball – boys and girls

Track and Field – boys and girls

Flag Football - boys and girls

Basketball – boys and girls

Tennis – coed

\* TOP FIVE ANNUALLY IN THE DISTRICT FOR  
ALL-AROUND ATHLETIC PROGRAM