

# MARIN MIDDLE SCHOOL ATHLETIC LEAGUE NEWSLETTER

September 2026

Providing Educational Athletic Opportunities for Every Student in Marin County



## ► Important Dates

- Sept 4th: Fall Sports Registration Due
- Sept. 14th: Fall Sports Games Begin

## ► What's Ahead

- Launch of Website
- Fall Schedules & Calendar
- Athletic Director Resources
- Parent Handbook
- Coach Resources

## DID YOU KNOW?

Athletes often remember how they were supported more than the final score of a game. A positive cheering section can boost confidence, encourage teamwork, and create an environment where all students feel valued and supported.

## SPORTSMANSHIP STARTS WITH US

After months of planning, we are thrilled to officially begin league competition the week of September 14th.

As we begin our season we want to emphasize one of the most important parts of middle school athletics: sportsmanship.

Sportsmanship starts with all of us—student-athletes, coaches, families, administrators, officials, and spectators.

There will be exciting moments, challenging moments, wins, losses, and lessons learned along the way. Our goal is to create an environment where every student feels welcomed, supported, and proud to be part of their school's athletic program.

**To our student-athletes:** compete hard, support your teammates, and represent your school with character.

**To our coaches:** thank you for serving as mentors and creating meaningful experiences for our students.

**To our families and fans:** your encouragement and positive example make a tremendous difference. Please help us build a league culture where athletes, coaches, and officials are treated with respect at every competition.

Together, we can make the Marin Middle School Athletic League a place where competition is celebrated, relationships are built, and sportsmanship always comes first.

Welcome to the MMAL—let the season begin!



## CONTACT INFORMATION

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# MARIN MIDDLE SCHOOL ATHLETIC LEAGUE PARENT CORNER

Sportsmanship Starts with Us

September 2026

## Welcome to a new season of middle school athletics!

Participating in athletics is about much more than wins and losses. Through sports, students develop confidence, responsibility, teamwork, leadership, resilience, and lifelong healthy habits. The MMAL is committed to providing a safe, positive, and educational athletic experience for every student-athlete.

Parents and guardians are important partners in that experience. Your encouragement, sportsmanship, and support make a lasting difference.



## What We Ask of Parents

- Encourage effort over results.
- Support all student-athletes.
- Respect coaches, officials, and opponents.
- Model positive sportsmanship.
- Allow coaches to coach.
- Help your student learn from both success and adversity.

## Helping Your Student Be Successful

Encourage your athlete to:

- Arrive on time.
- Be prepared and bring the necessary equipment.
- Stay caught up on schoolwork.
- Get plenty of sleep.
- Eat nutritious meals and stay hydrated.
- Communicate with coaches if they cannot attend practice or a game.

## Communication Matters

If concerns arise:

1. Encourage your student to speak with the coach first.
2. If additional discussion is needed, contact the coach to schedule a meeting.
3. If concerns remain unresolved, contact your school's Athletic Director.

**Open, respectful communication helps create the best experience for everyone.**

## BEFORE THE SEASON BEGINS

- Complete all required school registration and athletic forms.
- Verify that your student meets eligibility requirements.
- Make sure your child has the required equipment.
- Save your Athletic Director's and coach's contact information.

## NEED TO KNOW

Research consistently shows that students who participate in school athletics often experience:

- Improved attendance
- Higher levels of school engagement
- Stronger leadership skills
- Greater confidence
- Lifelong friendships

American Enterprise Institute (AEI)  
National Federation of High School Associations (NFHS)



# MMAL

## STAY CONNECTED WITH MMAL

The new Marin Middle School Athletic League (MMAL) website has gone live!

All league information—including schedules, resources, season details, and more—is on our website:

[www.mmalathletics.com](http://www.mmalathletics.com)

Want to stay up to date with league news and announcements? Visit the website and sign up under "Communication Sign Up" to receive regular communications directly from the MMAL.

**We look forward to keeping you connected throughout the season!**