

MARIN MIDDLE SCHOOL ATHLETIC LEAGUE NEWSLETTER

October 2026

Providing Educational Athletic Opportunities for Every Student in Marin County



THE FALL SEASON IS UNDERWAY!

We hope you are enjoying the start of the MMAL Fall 2026 season! The season is officially underway, and things are going great so far. It has been exciting to see our student-athletes back on the fields and courts, competing, learning, and representing their schools.

Want to Be in the Know?

If you want to stay up to date with everything happening in the Marin Middle School Athletic League, be sure to sign up for communications on the MMAL website.

[Sign Up for MMAL Communications](#)

The MMAL will continue to email school athletic directors with current and up-to-date league information. However, if you would like information sent directly to you, subscribing to our website communications is the best way to make sure you don't miss important updates, newsletters, and announcements from the league.

We hope you are enjoying the start of the MMAL season as much as we are! We look forward to seeing you at games throughout the year, cheering on our student-athletes and celebrating all that middle school athletics has to offer. Here's to a great Fall season!

► Important Dates

- October 28th: MMAL Cross Country Championship @ IVC
- Weeks of November 2, 9, and 16: Flag football and volleyball playoffs

► What's Ahead

- Fall sports playoffs begin in November
- Basketball Sign Ups
- Winter Sports Surveys

DID YOU KNOW?

MMAL is growing—and Fall 2026 has begun!

26-Public/Private Middle Schools participating in MMAL

3-Flag Football Divisions

6-Volleyball Divisions

The MMAL is off to a great start!



CONTACT INFORMATION

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MARIN MIDDLE SCHOOL ATHLETIC LEAGUE PARENT CORNER

The Fall Season Is Underway!

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Supporting Your Student During Challenges

Playing sports comes with challenges, setbacks, and moments of adversity. Those moments can be difficult for young athletes, but they can also be some of the most valuable learning experiences.

As parents, guardians, and family members, one of the greatest things we can do is be there to listen, encourage, and help our students work through challenges rather than trying to solve every problem for them. Learning how to respond to disappointment, handle frustration, communicate with others, and keep moving forward are skills that extend far beyond the playing field.

Middle school athletics teaches so much more than the sport itself. Resilience, teamwork, confidence, responsibility, and perseverance are lessons that students can carry with them for years to come.

Your support, encouragement, and perspective can make a lasting difference. Thank you for helping us create an environment where students can learn, grow, and find joy in being part of a team.



DURING THE SEASON

- Cheer for your team, respect officials, and help create an environment where all students feel welcome.
- Middle school athletics are about learning, improving, and building confidence—not just wins and losses.
- Allow coaches to coach and give athletes the opportunity to work through challenges and learn from their experiences.

NEED TO KNOW

Flag Football and Volleyball playoffs are scheduled for the weeks of November 2, 9, 16.

The top four teams from each division will qualify for the playoffs. Brackets will be finalized and posted at the conclusion of the regular season.

Good luck to all of our teams!



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

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!