



Huntington East Middle School

Sports



VOLLEYBALL

Serve, set, and spike your way to excitement with HEMS volleyball! You'll learn essential techniques, from serving and setting to spiking, all while building strong teamwork and communication with your teammates. Enjoy a supportive and dynamic environment where friendly competition and personal growth go hand in hand. Join us and experience the fun and thrill of this energetic sport, making lasting memories and friendships along the way!



CHEER

Cheer your heart out with our HEMS cheerleading squad! Dive into a season full of dynamic routines and spirited cheers as we support our school teams and elevate school spirit. Our program is designed to help you master exciting choreography, develop strong leadership skills, and create a positive impact at every game. In addition to perfecting your cheerleading techniques, you'll build lasting friendships and become part of a close-knit, energetic team.



FOOTBALL

Step onto the field and join the HEMS football team for an exciting journey where you'll learn the core fundamentals of the sport, from mastering essential skills like passing, tackling, and teamwork to strategizing and experiencing the exhilaration of friendly competition. Whether you're a newcomer or a seasoned player, our program offers a supportive environment where everyone can grow and thrive.



CROSS COUNTRY

Join the HEMS cross country team and embrace the joy of running through diverse terrains! This program offers an opportunity to build endurance, set personal goals, and enjoy the thrill of competition while exploring the great outdoors. Whether you're a seasoned runner or new to the sport, our team welcomes all levels and focuses on personal growth, teamwork, and having fun.



TENNIS

Join our Huntington East Middle School tennis team to hit the courts and improve your game! Our program focuses on developing fundamental skills, learning game strategies, and fostering sportsmanship. Whether you're new to tennis or looking to refine your skills, you'll enjoy a supportive environment where you can grow as a player and have fun competing with your peers.



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BOYS BASKETBALL

Join the HEMS boys basketball team and hit the court for a season of excitement and growth! Our program focuses on developing essential skills like dribbling, shooting, and teamwork, while emphasizing sportsmanship and strategy. You'll have the opportunity to improve your abilities, compete in friendly games, and be part of a supportive team. Come be a part of our team, where you can challenge yourself, make new friends, and enjoy the thrill of basketball!



GIRLS BASKETBALL

Join the HEMS girls basketball team and dive into the excitement of the game! Our program is designed to help you build essential skills such as dribbling, shooting, and defensive strategies, all while fostering teamwork and sportsmanship. You'll find a supportive and energetic environment where you can grow as a player, enjoy friendly competition, and form lasting friendships. Come be a part of our team and experience the fun and challenge of basketball!



WRESTLING

Step onto the mat with our HEMS wrestling team and experience the thrill of this dynamic sport! Our program focuses on teaching fundamental wrestling techniques, building strength, and developing strategy in a supportive and encouraging environment. Whether you're new to wrestling or have some experience, you'll have the opportunity to improve your skills, compete in matches, and be part of a dedicated team.



TRACK

Get ready to sprint, jump, and throw with the HEMS track and field team! Our program offers a diverse range of events, from sprints and distance running to long jump and shot put, allowing you to explore and excel in multiple disciplines. You'll receive training to improve your technique, build endurance, and develop your personal best in a supportive and encouraging environment.



GOLF

Discover the precision and skill of golf with the HEMS program! Our team provides a welcoming environment to learn the fundamentals of golf, including putting, chipping, and driving. You'll get the chance to develop your technique, enjoy friendly competition, and build confidence on the course. Join us to experience the challenges and rewards of golf while making new friends and having fun in a supportive and engaging atmosphere!