

Sport	Coach	Description
Cross Country	Carelli	<p>At Sunrise Middle School, we have both a boys and girls Cross Country team. All students are given an opportunity to try out for the team. The only restriction for participation is an age cutoff at 15 years of age. We can have up to 8 registered members of each team to compete in the meets. Cross country practices during the season are Monday through Thursday from 4:00-5:15 p.m. During practice, we warm up, work on our speed and endurance training, and cool down with stretching. We run along the perimeter of the school or practice outside on the track. The distance for the run is 2 miles. Each meet is after school during the week beginning at 4:30 p.m. The school provides transportation to and from each meet. We have a total of 3 meets before the finals. The location for the meets varies, but a printed schedule will be provided at the start of the season.</p> <p>-Ms. Carelli, <a href="mailto:Nina.carelli@browardschools.com">Nina.carelli@browardschools.com</a></p>
Boys Soccer	Burgos	<p>The Sunrise Middle School Soccer season begins the 2<sup>nd</sup> week of the school year and runs until about the middle of October. We are a competitive program and strive to further develop players with a prior knowledge of the game. Practices are every day after school during the season from 4:00-5:30, unless a game is scheduled.</p> <p>Coach Burgos <a href="mailto:griffin.burgos@browardschools.com">griffin.burgos@browardschools.com</a></p> <p>Coach Johnson <a href="mailto:ambry.johnson@browardschools.com">ambry.johnson@browardschools.com</a></p>
Girls Soccer	A. Johnson	
Golf	Bohn	
Boys Basketball	Z. Johnson	<p>At Sunrise Middle School, we are excited to show and talk about our flourishing basketball program and the engaging opportunities it offers our students. After having multiple great seasons including a district championship appearance, we believe in providing our students with a well-rounded education that goes beyond the classroom. Our basketball program has always been a source of pride, and we constantly make some remarkable enhancements to ensure that even those who don't participate, can attend the games and experience the same thrill and excitement our players do.</p> <p>With the aim of fostering intrigue and engagement, we at Sunrise analyze and evaluate the essential components of a successful basketball program. Our students in grades 6-8 will have the opportunity to gain valuable insights into what it means to be a student athlete while building good work ethic</p>

		<p>and character traits. They will be able to witness firsthand the coordination and teamwork required to bring a live event to spectators and leave them entertained. We firmly believe that this experience will not only ignite a passion for basketball but also develop critical thinking and analytical skills.</p> <p>Together, each year we embrace the exciting opportunity to create a stronger connection between our school community and our basketball program. I believe that with your support and student support we will feel become more engaged and involved in our school's basketball achievements.</p> <p>Coach Johnson <a href="mailto:zavon.johnson@browardschools.com">zavon.johnson@browardschools.com</a></p> <p>Boy's Head Basketball Coach</p> <p>Sunrise Middle School</p>
Girls Basketball	Ezell	
Boys Volleyball	Green	<p>Sunrise Middle School boys' volleyball program is dedicated to developing quality volleyball players, coaching long life lessons, and instilling a passion for the game in a positive environment. Players will be given the opportunity to learn and play the game of volleyball at a competitive level. Some of our core values are Integrity, Teamwork, Leadership, Dedication, Vision, Growth and Fun. Our Sunrise Coaching Staff aims to have a positive impact on every student on our team.</p> <p>Coach Green</p>
Girls Volleyball	Njie	
Boys Football	Souverain and Reynolds	<p>Here at Sunrise Middle School, our student athletes prioritize academics, discipline, and teamwork. Our flag football program fosters unity, sportsmanship, and accountability, while promoting leadership among all students, from 6th to 8th grade. Every voice is valued, creating a supportive community where success on and off the field is celebrated.</p> <p>Coach Souverain  <a href="mailto:mckinson.souverain@browardschools.com">mckinson.souverain@browardschools.com</a>  Coach Reynolds</p>

		Aaron.reynolds@browardschools.com
Girls Football	Ezell	
Boys Track & Field	Souverain and Green Centeio and Z. Johnson	<p>It is often noted that students who participate in sports benefit in life skills such as cooperation, team spirit, self-pride, discipline, and perseverance. At Sunrise Middle School our Track and Field Team is dedicated to not only learning the sport and competing but also building strong individuals who can use these lessons throughout life. We focus on the student-athlete, monitoring GPAs and behavior throughout the season.</p> <p>Track and field are divided into two types of events: running (track) events and field events.</p> <p>Events for middle school students are as follows:</p> <p>TRACK EVENTS: 55-meter hurdles, 100 meters, 200 meters, 400 meters, 800 meters, 1600 meters, 4 X 100-meter relay, and 4 X 400-meter relay.</p> <p>FIELD EVENTS: Long Jump, Discus, High Jump, and Shot Put.</p> <p>Track events are held off campus and students will need to arrange pick up from the track meet location or Sunrise Middle School after the meet. (Times vary)</p> <p>Practices are held at Sunrise Middle School Campus after the school day, and students must be picked up promptly at the end of practice.</p> <p>While we may not always finish first, we will always finish what we start!</p> <p>Coach Centeio robbibeth.centeio@browardschools.com Girls Track &amp; Field Coach</p> <p>Coach Johnson zavon.johnson@browardschools.com Girls Track &amp; Field Coach</p> <p>Coach Souverain mckinson.souverain@browardschools.com Boys Track &amp; Field Coach</p>
Girls Track & Field		
Cheerleader	Njie	Sunrise Middle School's Cheerleading team is a vibrant and dynamic group of students. Our Cheerleaders serve as ambassadors of spirit and support within

school- uplifting and energizing both participants and spectators during sporting events, rallies, and other community gatherings. Beyond entertainment, SMS cheerleaders embody the values of dedication, discipline, and sportsmanship, setting positive examples for peers and fostering sense of unity.

- Coach Njie [carmella.njie@browardschools.com](mailto:carmella.njie@browardschools.com)