

Poca Middle School belongs to the Mid-Valley Conference and follows all rules of the West Virginia Secondary Schools Activities Commission. Students may participate in football, cheerleading, girls and boys basketball, and boys and girls track. Students must maintain a 2.0 GPA to be eligible to participate. A physical examination must be conducted before beginning to practice and may be downloaded by accessing the WVSSAC website at <http://www.wvssac.org>