

FRIENDS SELECT

FRIENDS SELECT SCHOOL
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Dear Middle School Parents and Athletes,

Although it seems that summer just started, we are already looking ahead to the fall. The following information will help with your planning.

It's time for students to choose their fall sport. Please read this letter together with your son or daughter and talk about the options described below. The student should make his/her choice in the space provided below and both of you should sign the form. This form must be returned at registration on September 7 or before, if possible. **Please Note: Students in grades six through eight are required to participate in at least one season per year of after-school athletics.**

There are four sports options available in the fall: Field Hockey, Boys' Soccer, Girls' Soccer, and Cross Country, (which may or may not work depending on the numbers). These activities are part of the middle school curriculum and need to be treated as such. If a student is on an athletic team, he or she is on the team for the season. The first meeting of each sport will be on Wednesday, September 8. There is a one-week grace period during which students may drop from or choose to join an athletic team. After Friday, September 17, each student will be held to the team commitment for the full season.

MIDDLE SCHOOL SIGN-UP SHEET/PERMISSION FORM for FALL 2010 SPORTS*

Student's Name (Printed): _____

Please mark your choice below and return with signatures to Tr. Ed on or before **September 7**.

Field Hockey ()

Girls Soccer ()

Boys Soccer ()

Cross Country ()

I have read the letter about fall sports and understand the guidelines, including the one week grace period for changing choices and mandatory attendance.

Student Signature/Date: _____

Parent Signature/Date: _____

*** Note for students not participating in sports:** For those students not participating in interscholastic sports, Study Help is offered. This is a chance for teachers and students to meet to review subject material. Promptness, regular attendance, preparedness and a measure of enthusiasm are our standards for successful participation in Study Help. Study Help meets five days a week from 2:20 to 3:00 p.m. If you have any questions, please contact Ed Rhee, middle school dean, (215) 561-5900, ext. 124.

Middle School Sports Guidelines

The middle school sports program offers each student the opportunity to learn how to be a member of a team, to improve his/her skills, and to play and have a good time. Participation is emphasized and efforts will be made to include players in every game. Team members who demonstrate poor sportsmanship, arrive late to practices, have several absences, or come without appropriate athletic clothing are subject to reduced playing time. Attendance at practices and games is mandatory. To receive credit for participation in a sport, a student can miss no more than three sessions. Exceptions may be made at the discretion of the athletic director and middle school director under circumstances such as religious observances, extenuating medical needs, and tutors' availability.

In the event that any of the following situations occur, the student must bring a note from home, have the note signed by the middle school dean, and give it to the coach prior to 2:20 p.m.:

1. A student can not attend practice on a particular day
2. A student can attend only a portion of practice
3. A student will be picked up from practice
4. A student will be picked up from a game

In the event that a student is being picked up from an off-campus practice or game location (and the appropriate note has been presented), the student will not be permitted to remain at that location if the team leaves before the appropriate adult arrives.

Middle School Practices

On Wednesday, September 8, from 2:30 – 3:15 p.m., students will meet their coaches and go over the expectations for the fall season. Students will not have to bring their practice gear on this day. Students will begin normal practices on Thursday, September 9. They should have all of their practice gear with them so they are able to participate.

Middle school practices begin at 2:30 p.m. and end at 3:45 p.m. Soccer teams practice in Fairmount Park at the Edgely soccer fields. The teams are transported to and from the fields by Friend Select busses. Field Hockey players practice on the roof-top playing field of the school. Cross Country practices in or around the school. Soccer players can expect to return to school from practice by 4:15 p.m. Once the game schedules begin, return times will vary, depending on the location of away games and whether one or two games are being played. Games may go as late as 6 p.m.

It is helpful if athletes come to practice in the best shape possible. The less time teams need to spend on conditioning, the earlier coaches can help athletes refine skills and develop strategy.

Forms

Three forms must be returned to the school by August 6: the PIAA form, Physicians form, and Sign-Up/Permission form. No student will be allowed to begin fall practice without completed forms. The Physicians form and PIAA forms can be downloaded from the *Parents* page of the school Web site, where they are listed under "Required Forms." The Sign-Up/Permission form is on the front page of this letter.

Schedules

The fall sports schedules are now available on the school's Web site and updated schedules will be included in the late summer mailing. Middle school games will begin during the week of September 13.

If you have any questions about athletics, please contact me. Enjoy the rest of your summer.

Sincerely,



Tim Litz

Director of Athletics

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