

FRIENDS SELECT

FRIENDS SELECT SCHOOL
17th & Benjamin Franklin Parkway
Philadelphia, Pennsylvania 19103-1284
215-561-5900 phone
215-864-2979 fax
www.friends-select.org

July 2010

Dear Upper School Parents and Athletes,

Although it seems that summer just started, we are already looking ahead to the 2010-2011 seasons. The following information will help with your planning for fall.

Upper School Fall Preseason Practices

Fall practice for upper school sports will begin on Monday, August 23. All athletes should report to the school gymnasium at 9 a.m. After that Monday, each sport will have a slightly different schedule that will be announced by the coach of each varsity team. It is mandatory that all upper school athletes attend the practices during the weeks of August 23-September 7. If you have any questions about this, please contact me.

The schedules for the week of August 30 will be announced during the week of August 23. Regular practice hours (3:45 – 5:45 p.m.) will begin on Thursday, September 7, following registration.

It is important that 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.

PIAA and Physician's Forms

All medical forms must be returned to the school by August 6. Any student who will be participating in a sport during the school year is required to submit these forms. 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." They are also posted in the Athletics section of the Web site.

Schedules

The fall sports schedules can be accessed on the athletic page of the FSS Web site. Schedules can be accessed by clicking on the Athletics icon, followed by the Fall Sports icon, and finally on the sport schedule of your team.

College Athletics

If you have questions about the potential of playing a sport in college, please make an appointment to see me to discuss the process.

Maximum Number of Players

During the 2010-2011 school year, there will be a cap placed on the maximum number of participants on each upper school team. While coaches do not cut players, we have established a maximum number of players to ensure that all of our athletes receive the appropriate amount of attention from our coaching staff. It is our hope that this will enhance the experience of our athletes and the success of our teams.

Teams will be formed on a first-come, first-served basis. The sign up sheet for 2010-2011 sports teams is attached to this letter and can also be found on the Athletic page of the FSS website. You can access the form by clicking on the Athletics icon, followed by the Athletic Forms icon and finally the upper school sports selection form icon. This form must be submitted on or before the upper school registration date, September 7. The form can be faxed to 215-864-2979, attention Tim Litz; emailed to timothyL@friends-select.org; or sent via mail to FSS at the mailing address above, attention Tim Litz.

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

Sincerely,



Tim Litz
Director of Athletics

Upper School Sports Selection Form 2010-2011 SPORTS

During the 2010-2011 school year, there will be a cap placed on the maximum number of participants on each upper school team. While coaches do not cut players, we have established a maximum number of players to ensure that all of our athletes receive the appropriate amount of attention from our coaching staff. It is our hope that this will enhance the experience of our athletes and the success of our teams. Below you will find a list of sports offered and the maximum number of participants for each sport. Teams will be formed on a first-come, first- served basis. This form must be submitted on or before the upper school registration date, September 7. The form can be faxed to 215-864-2979, attention Tim Litz; emailed to timothyL@friends-select.org; or sent via mail to Friends Select School, attention Tim Litz.

Cross Country: 30	Soccer: 30	Field Hockey: 30
Swimming: 20	Basketball: 24	Wrestling: 30
Baseball: 30	Softball: 30	Tennis: 30
Crew: 20		

Student's Name (Printed) _____

Please mark your choice(s) below and return with signatures to Tim Litz on or before **September 7, 2010**.

Field Hockey ()	Swimming ()	Crew ()
Girls Soccer ()	Girls Basketball ()	Tennis ()
Boys Soccer ()	Boys Basketball ()	Baseball ()
Cross Country ()	Wrestling ()	Softball ()

I have read the statement about the maximum number of participants on each upper school team. I understand that teams will be formed on a first-come-first-served basis.

Student Signature/Date: _____

Parent Signature/Date: _____

Return by September 7 to:
 Friends Select School
 Att.: Tim Litz
 17th & Benjamin Franklin Parkway
 Philadelphia, PA 19103
 (215) 561-5900