

## FRIENDS SELECT

July 2011

Dear Upper School Parents and Athletes,

Although it seems that summer just started, we are already looking ahead to the 2011-2012 seasons. On behalf of the athletic department, I am pleased to welcome all new families to Friends Select School and welcome back all returning families. I am writing to fill you in on some important dates if you are planning to participate in fall sports.

First, if you are a new students and plan to participate in boys' soccer, girls' soccer, field hockey or cross country, please contact me during the summer. I can be reached by e-mail ([timothyL@friends-select.org](mailto:timothyL@friends-select.org)) or by phone (267-784-9217). It is important that we have an accurate idea of the numbers of students who will participate, so receiving this information from you early will be most helpful. Please send this information to me by August 19.

The following information will help with your planning for fall.

Upper School Practices: Fall practice for upper school sports will begin on Monday, August 22. All athletes should report to the school gymnasium by 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. Regular practice hours (3:45 p.m. to 5:45 p.m.) will begin on Friday, September 9, the first day of school.

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. It is mandatory that all upper school athletes attend the practices during the weeks of August 22-September 2. If you have any questions about this, please contact me.

PIAA Medical Forms: All PIAA medical forms must be returned to the school by August 5. No student will be allowed to begin fall practice without completed forms.

Schedules: The fall sports schedules can be accessed on the Friends Select website by clicking on the athletics icon, followed by the Fall Sports icon and finally on the sport schedule of your team.

### College Athletics

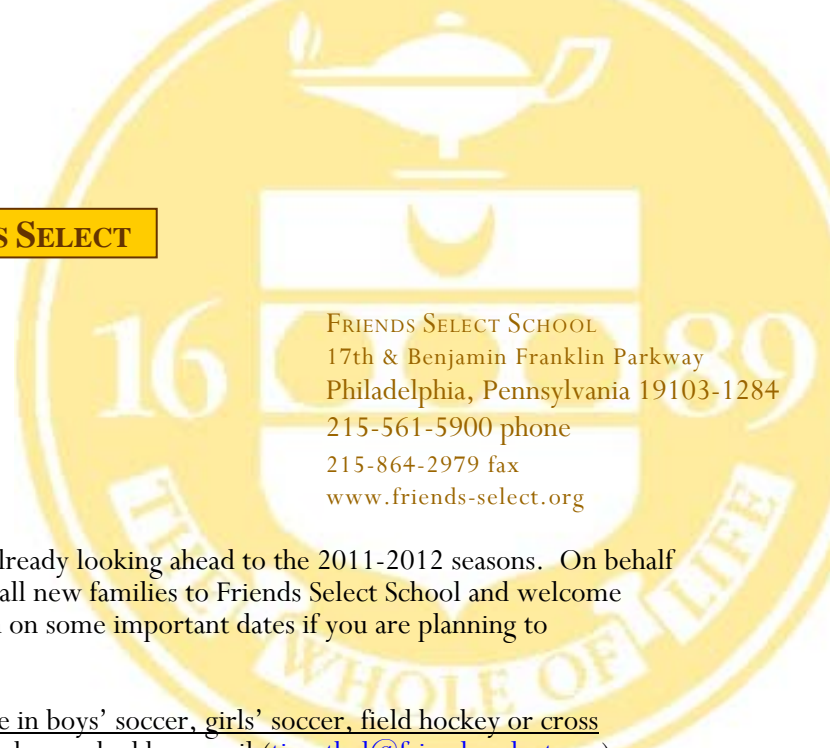
If you have questions about the potential of playing a sport in college, please make an appointment to see me to discuss the process.

Please refer to the frequently asked questions enclosed with this letter and available on the athletic page of the FSS website. If you have any other questions about athletics, please contact me. Enjoy the rest of your summer.

Sincerely,



Tim Litz  
Director of Athletics  
E-Mail: [timothyL@friends-Select.org](mailto:timothyL@friends-Select.org)  
Phone: 267-784-9217



During the 2011-2012 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 8.

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

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Upper School Sports Selection Form  
2011-2012 SPORTS

\_\_\_\_\_

Student's Name (Printed)

Please mark your choice(s) below and return with signatures to Tim Litz on or before **September 8th**.

- |  |   |                                   |
|--|---|-----------------------------------|
| <input type="checkbox"/> Field Hockey  | <input type="checkbox"/> Swimming         | <input type="checkbox"/> Crew     |
| <input type="checkbox"/> Girls Soccer  | <input type="checkbox"/> Girls Basketball | <input type="checkbox"/> Tennis   |
| <input type="checkbox"/> Boys Soccer   | <input type="checkbox"/> Boys Basketball  | <input type="checkbox"/> Baseball |
| <input type="checkbox"/> Cross Country | <input type="checkbox"/> Wrestling        | <input type="checkbox"/> 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