

July 2011

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.

Middle School Practices

On Friday, September 9 students will be meeting their coaches and going over the expectations for the fall season. Students will not have to bring their practice gear on this day. This meeting will last until approximately 3:00 p.m. Students will begin normal practices on Monday, September 12. 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.)

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.

PIAA Medical Forms

All medical forms must be returned to the school by August 5. Any student that will be participating in a sport during the school year is required to submit this form. No student will be allowed to begin fall practice without completed forms. The medical form can be downloaded from the FSS website by going to the athletic page and clicking on the athletic forms tab on the left side of the screen. The form is entitled PIAA medical form.

Permission Forms

Students that wish to participate on a fall athletic team must have permission from their parents. A permission form is available on the Friends Select School website. Students will not be able to participate until the permission form is submitted.

Schedules

The fall sports schedules are now available on the school's web site. Middle school games will begin during the week of September 19.

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

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