

Friends Select Athletic Department Frequently Asked Questions (FAQ)

What sports are offered at FSS?

Upper School

Fall: Boys Soccer, Girls Soccer, Field Hockey, Cross Country

Winter: Boys Basketball, Girls Basketball, Wrestling, Swimming

Spring: Baseball, Softball, Tennis, Crew

Middle School

Fall: Boys Soccer, Girls Soccer, Field Hockey, Cross Country

Winter: Boys Basketball, Girls Basketball, Wrestling, Swimming

Spring: Baseball, Softball, Tennis

What is the FSS athletic requirement?

Each middle school student in grades six through eight is required to participate in at least one season of athletics. Students in fifth grade are strongly encouraged to participate in at least one season of athletics with the approval of the classroom teacher and middle school director.

Each upper school student in grades nine through twelve is required to participate in either one season of an interscholastic sport, perform in a drama production, serve as a member of stage and tech crew, or participate in one of the community activities that fulfill the activity requirement.

What print or electronic forms are required for participation?

All students who intend to play a sport during the school year should submit the PIAA medical form. This form is sent home at the end of each school year to students in grades four through twelve. An additional copy of the form is available on the athletic page of the FSS website under athletic forms.

All middle school students must submit a parent permission form at the beginning of each athletic season in order to participate on a team. This form will be distributed during the first week of practice and is also available on the athletic page of the school website.

What are dates for each season?

Upper School

Fall: August 22-November 4

Winter: November 14-February 24

Spring: February 27-May 25

Middle School

Fall: September 9-October 28

Winter: November 7-February 15

Spring: February 27-May 18

When do fall practices begin?

Fall practices for upper school athletes begin on August 22nd. Athletes should report to the FSS gymnasium by 9:00 AM. Practices will run from 9-12 PM on the first day. Athletes will be informed of their practice schedule for the remainder of the summer on the first day.

Fall practices for middle school athletes begin on Friday, September 9th. All athletes will meet with their coaches from 2:30-3:00 PM. Coaches will outline their expectations for the season at that time. On Monday, September 12th athletes should be prepared to participate in regular practices.

Where are practices held?

Field Hockey: FSS rooftop playing field

Soccer: Edgely Fields in Fairmount Park

Cross Country: Courses throughout the city

Basketball: FSS gymnasium

Swimming: FSS pool

Wrestling: FSS mat room

Baseball & Softball: Dairy Fields in Fairmount Park

Tennis: FSS rooftop playing field

Crew: Vesper Boathouse

What time are practices?

Middle school practices are held from 2:30-3:45. Teams traveling to and from Fairmount Park for practices return to school by 4:15 PM. Games usually begin at 3:30 PM.

Upper school practices are held from 3:45-5:30. Teams traveling to Fairmount Park for practices return to school by 6:00 PM. Games usually begin at 3:45 PM.

What teams do we compete against?

Upper School teams at Friends Select compete in the Friends Schools League and the Pennsylvania Interscholastic Athletic Association against public, private and catholic schools in the Philadelphia and surrounding suburbs.

Middle School teams participate against public, private and catholic schools in Philadelphia and the surrounding suburbs.

How do I know when and where games are played?

All FSS athletic schedules can be found on the athletic page of the FSS website. These can be accessed by going to the fall, winter or spring sports icons and selecting the schedule for each individual team. The daily sports schedule can be accessed at anytime by using the “Today’s Schedule” icon.

What about inclement weather?

Updates on game cancelations due to inclement weather are posted on the athletic page of the FSS website by 1:00 PM. Cancelation updates can also be accessed by dialing 215-561-5900 extension 404.

Where can I find directions to FSS playing fields and other schools?

Directions to FSS playing fields and other schools can be accessed on the athletic page of the FSS website by selecting the directions icon.

What if my child is injured during a practice or game?

Should your child suffer an injury during a practice or game, the coach will notify the athletic trainer, Bill Klose, who will evaluate the injury and initiate appropriate treatment. Bill will be in immediate contact with families about serious injuries. If an injury requires a visit to a doctor, a child will need to provide the FSS athletic department with a form signed by the doctor stating that the child can return to play.

What happens if my child has an unavoidable commitment that may cause him or her to miss practice?

We hope that all prospective student athletes and their families view participation in the athletic program as a serious commitment. It is our hope that students will inform their coaches of conflicts in a timely fashion and that parents will make every effort to enable their child to attend scheduled practices and games on a daily basis.

What equipment is needed?

Soccer: Non-metal cleats and shin guards

Field Hockey: Non-metal cleats, shin guards, mouthpiece and protective eye goggles

Cross Country: Appropriate running sneakers

Basketball: Appropriate basketball sneakers

Swimming: Bathing suit and swim cap

Wrestling: Wrestling shoes and headgear

Baseball: Cleats and glove

Softball Cleats and glove

Tennis: Racquet and appropriate sneakers

Crew: Unisuit

What about uniforms?

Coaches will issue uniforms to students at the beginning of each season. Students are responsible for their uniform. Uniforms should be cleaned after each game. Students who forget to bring their uniform on a game day will not be permitted to play in the game that day. Coaches will collect uniforms at the end of each season. Parents will be billed for any uniform that is lost or not returned at the end of the season.

What is the policy on playing time?

While FSS strives to win, it is not the only emphasis the school places on the athletic program. A positive athletic experience is important for all student athletes. Sportsmanship is placed in the highest regard and coaches will make every effort to play every student-athlete in each game. There is no guarantee of exact playing time for each athlete and parents are asked to respect the coaches' decisions regarding playing time.