

April 21<sup>st</sup>, 2010

To: All 2010-2011 Upper School Students  
From: Rebecca Moe, Athletic Director  
Re: Fall Sports 2010

Greetings, Pumas! It's still spring and already it's time to think about the fall sports season. We look forward to another big and enthusiastic turnout.

Upper School practices – varsity and JV – will begin **Monday, August 23<sup>rd</sup>**

In the fall season, we offer:

- Varsity and junior varsity girls volleyball
- Varsity and junior varsity girls soccer
- Varsity and junior varsity girls cross country
- Varsity and junior varsity boys cross country
- Club Single Gender Boys Ultimate
- Instructional Boys Flag Football

### **Practice Schedule**

#### Pre-season – Upper School

August 23-August 27<sup>th</sup>                      Monday-Friday                      - TBD

#### Regular Season

Varsity, Junior Varsity and Club                      Monday-Friday                      - after school

I am still in the process of confirming practice times and facilities. Practice information will be posted on the athletics school calendar by mid June. You can find the athletics calendar on <http://www.universityprep.net/pumanet/athletics/>

WIAA regulations stipulate that for Upper School sports, an athlete must have completed at least 10 practices before he/she is allowed to play in an athletic contest. All varsity athletes must be at practice from day #1 on. Only one practice per day counts towards the ten; two-a-days count as one. There are no exceptions to the WIAA practice rules.

### **Forms**

The following forms must be complete and confirmed by the Athletics Office before you are allowed to practice: All forms can be found on the athletic portion of the school's website.

1. WIAA Physical Exam and Preparticipation History forms. All fall sports participants must turn in these forms (by August 20th. Your physical exam is valid for 24 months.
2. Emergency Release Medical Authorization Form (2010-2011): All fall sports participants must turn in this form to Main Office before they can practice.
3. Concussion Information Form: All athletes and parents will need to read and verify this information during the online registration process. The consent is valid for the academic year.
4. Registration : Please register online beginning April 23<sup>rd</sup>. You can find the registration link our website at [www.universityprep.net/pumanet/athletics/](http://www.universityprep.net/pumanet/athletics/)

Forms must be on file before you are allowed to participate in any sports at University Prep.  
Remember: NO FORMS = NO PRACTICE OR PLAY!!!

5. Eligibility Forms: New 10<sup>th</sup>, 11<sup>th</sup>, and 12<sup>th</sup> graders wishing to participate in athletics must complete these forms. You may practice but not compete until your application for eligibility has been approved. Please make an appointment with the Athletic Director to fill these out. This appointment should take place no later than August 24<sup>th</sup>.

**Registration:** Registration for fall sports begins April 23<sup>rd</sup>.

All forms and the sports registration information can be found on the school's website

<http://www.universityprep.net/pumanet/athletics/>. Please complete this process by August 20<sup>th</sup> to ensure your participation.

**Sport Orientation Meetings:** If you have more questions about our program please join us at our Sport Orientation Meetings on either June 9<sup>th</sup> 6:30-7:30pm or August 19<sup>th</sup> 10:30-11:30 in the Library.

We look forward to seeing you on August 23<sup>rd</sup>. In the meantime, have a safe and restful summer.

Email Contact Information

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