

Upper School Athletics Information Sheet (2010-2011)

Fall Start Date – Monday, August 23rd, 2010

Sports Offered -Varsity Girls Soccer, Varsity Boys and Girls Cross Country, Varsity Volleyball, Junior, Junior Varsity Girls Soccer, Junior Varsity Volleyball, Club Single Gender Boys Ultimate, and Instructional Boys Flag Football.

Practices are Monday-Friday with some Saturday requirements.

The first week 8/23 to 8/27 teams will practice times are TBD – depending on facility and coach availability

Beginning August 28th, all teams will follow this schedule:

Girls Soccer Teams- 3:00-5:00

JV Volleyball – 4:00-6:00

Varsity Volleyball 4:00-6:00

Cross Country 3:00-5:00

Flag Football and Ultimate – 3:00-5:00

Games will begin the week of September 6th

Winter Start Date – Monday, November 15th, 2010

Sports Offered – Varsity Boys Basketball, Varsity Girls Basketball, Junior Varsity Boys Basketball, Junior Varsity Girls Basketball, JVC Boys Basketball and JVC Girls Basketball

Practices are Monday-Friday with some Saturday requirements.

Practice times vary depending on gym schedule –

For example time slots teams have had this year for Upper School teams– 4:00-6:00, 5:00-7:00, 4:30-6:00

Spring Sports Start Date – Monday, February 28th, 2011

Sports Offered – Varsity Boys Tennis, Varsity Girls Tennis, Varsity Track & Field, Varsity Baseball, Varsity Softball, Varsity Boys Soccer, Junior Varsity Boys Soccer, Co-ed Ultimate Frisbee, Junior Varsity Boys Tennis and Junior Varsity Girls Tennis

Practice Times – 3:00-5:00/5:30 and are Monday-Friday with some Saturday requirements.

** A note about Junior Varsity Programs – University Prep will sponsor a JV team in any sport where numbers dictate and additional team. For example, for girls and boys soccer will need more than 22 players, volleyball more than 15.

Each Upper School student needs to have ten practices to be eligible to participate in contests at the Varsity or JV level.

If you have any sport specific questions and concerns please contact Rebecca Moe at moe@universityprep.org or 206-832-1124

Planning ahead to 2011-2012

Fall sports begin – August 22nd, 2011

Winter sports begin – November 14th, 2011

Spring sports begin –February 27th 2011

Varsity/JV Athletics and...

Here are the answers to some of our most frequently asked questions for 2010-2011; Please let us know if you have any questions. (These dates reflect the coming school year; however they will be adjusted according to final school calendar)

1. Global Link

Global Link is an international credit activity for upper school students. Students may participate in Global Link without penalty to their placement on varsity teams, but do need to be aware that the timing of their return to competitive play after an absence of two weeks is subject to the discretion of the coach.

2. Winter Vacation (two weeks, 12/20/10 -1/2/2011)

Varsity boys and girls basketball teams will conduct practices during break and are scheduled to participate in a basketball tournament the week of December 27th at Whitman College. Detailed practice information is being compiled, and will be available October 2010.

3. Mini Mid-Winter Break (long weekend, 2/18-2/22/2011)

Varsity basketball teams still are playing their in their league and district playoff this weekend. Varsity basketball team members are therefore expected to be in town for games as well as practices.

5. Spring Vacation (two weeks, 4/4- 4/15/2011)

Varsity practices and contests may be scheduled the first week. More detailed information will be made available in the Fall 2010.

6. Play Production / Musical & Stagecraft Class

Play production class (and in most cases) Stagecraft class and varsity/junior varsity sports should be considered mutually incompatible for winter and spring sports.

7. Ski Bus

As Fridays are game and practice days for varsity as well as junior varsity basketball teams, players should not sign up for the ski bus. If there are trips remaining after the basketball season has concluded, players may purchase individual-trip tickets

8. Diver's Ed (any season)

Driver's Ed and varsity/jv sports should be considered mutually incompatible. There are plenty of opportunities to take Driver's Ed: in the summer, or in seasons during which you're not participating on a University Prep team.

9. Practice Regulations as per WIAA guidelines (any season)

"An athlete must participate in a majority of designated practice time. Practice is defined as regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and must be conducted under the supervision of the head coach."