

## Upper School Athletics Information Sheet (2009-2010)

### Fall Start Date – Monday, August 24, 2009

Sports Offered - Varsity Girls Soccer, Varsity Boys Soccer, Varsity Boys and Girls Cross Country, Varsity Volleyball, Junior Varsity Boys Soccer, Junior Varsity Girls Soccer, Junior Varsity Volleyball and JVC Boys Soccer

Practices are Monday-Friday with some Saturday requirements.

The first week of practice, 8/25-8/29, times are TBD – depending on facility and coach availability

Beginning August 31, all teams will follow this schedule:

All Soccer Teams – 3:00-5:00 p.m.

JV Volleyball – 3:00-4:30 p.m.

Varsity Volleyball – 4:00-6:00 p.m.

Cross Country – 3:00-5:00 p.m.

Games will begin the week of September 8.

### Winter Start Date – Monday, November 16, 2009

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, this past year time slots for Upper School teams have been 4:00-6:00 p.m., 5:00-7:00 p.m., 4:30-6:00 p.m.

### Spring Sports Start Date – Monday, March 1, 2010

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

Practice Times – 3:00-5:00/5:30 p.m. , 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 an additional team. For example, 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 [rmoe@universityprep.org](mailto:rmoe@universityprep.org) or 206.832.1124.

### ***Planning ahead to 2010-11***

Fall sports begin – August 23, 2010

Winter sports begin – November 15, 2010

Spring sports begin –February 28, 2011

### **Varsity/JV Athletics and...**

Here are the answers to some of our most frequently asked questions for 2009-2010. Please let us know if you have any questions. (Please note that the dates below reflect the coming school year; however they will be adjusted according to the 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, 12/21/09 -1/3/2010)

Varsity boys and girls basketball teams will conduct practices during break. Detailed practice information is being compiled, and will be available October 2009. Games may be scheduled as well.

3. Mini Mid-Winter Break (long weekend, 2/12-2/16/2010)

Varsity/JV basketball teams still are playing their league schedule this weekend. All team members are therefore expected to be in town for games as well as practices.

5. Spring Vacation (two weeks, 4/5- 4/16/2010)

Varsity practices and contests will be scheduled during the first week of spring break. Team members are therefore expected to be in town for games as well as practices. Game schedules will be available in December 2009.

6. Play Production / Musical & Stagecraft Class

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

7. Ski Bus (1/8-2/26/2010)

As Fridays are game and practice days for Varsity/JV 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."