



Middle School Fall Sports 2019

General Information: Thank you in advance for your ongoing support of University Prep and its athletic programs. As the year ends, it is time to start thinking about fall. We are so proud of the character and work ethic of our student-athletes and look forward to another great year. Below you will find some general information about University Prep Athletics. Please feel free to contact me with any questions, comments or concerns you may have while reviewing this document at dperry@universityprep.org or 206.832.1215.

Middle School athletics are broken up into three divisions: Division 1 (Experienced); Division 2 (Recreational); Division 3 (Beginner). Below is a list of fall sports teams:

- Cross Country (Boys and Girls)
- Girls Volleyball: Division 1; Division 2; Division 3
- Boys Soccer: Division 1; Division 2-Blue; Division 2-Green; Division 3
- Girls Soccer: Division 1; Division 2; Division 3

Tryouts/Evaluations: September 4, 5, 6

Practice Schedule:

- Cross Country – Monday, Tuesday and Thursday (3:00 – 4:30 p.m.)
- Girls Volleyball – Tuesday and Thursday (3:00 – 4:30 p.m.)
- Boys Soccer – Monday and Wednesday (3:00 – 4:30 p.m.)
- Girls Soccer – Tuesday and Thursday (3:00 – 4:30 p.m.)

Registration: An email will be sent out in May with information on how to register, along with the deadline.

The following form must be completed and confirmed by the Athletics Department prior to participation in UPrep sports.

- ✓ WIAA Physical Exam and Pre-participation History Forms. All fall sports participants must turn in these forms by September 3. Your physical exam is valid for 24 months.

The following athletics forms are to be completed on Veracross when they become available:

- ✓ Emergency Release Medical Authorization Form (2019-2020): All fall sports participants must have completed the form online before they can practice.
- ✓ Sports Participation Release Online Form: Please indicate all the sports your student may potentially compete in over the next school year.
- ✓ Concussion Information Form: All athletes and parents will need to read and verify this information during the online registration process. You may also print off a hard copy from the website, complete and return. The consent is valid for the academic year.
- ✓ Sudden Cardiac Arrest Awareness Online Form: All athletes and parents will need to read and verify this information through school online forms. The consent is valid for the academic year.
- ✓ Parent Expectation Form: Parents must complete the expectation form as one of the steps in the registration process (one parent per athlete). The online registration process requires you to review and confirm your understanding of the form.