

Upper School Fall Sports 2019

Upper School practices – Varsity and JV – will begin **Monday, August 26th, 2019**

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
- Varsity and Junior Varsity Boys Ultimate
- Varsity and Junior Varsity Boys Tennis

Practice Schedule

Upper School

Practice schedules for Soccer, Ultimate, and Cross Country are Monday-Friday, 3:00-5:00 p.m.; for Tennis, 3:00-5:15 p.m.; and for Volleyball, 4:30-6:30 p.m. (Please note that during the season, Volleyball will practice either 3:00-4:30 p.m. or 4:30-6:00 p.m.)

I am still in the process of confirming practice times and facilities. Practice information will be posted on the athletics school calendar by mid- to late June. Games will be posted in early July. You can find the athletics calendar on the school website.

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

Registration and Forms

The following forms must be complete and confirmed by the Athletics Office before you are allowed to practice.

- ✓ WIAA Physical Exam and Pre-participation History Forms. All fall sports participants must turn in these forms by August 15. Your physical exam is valid for 24 months. (Hard copies need to be submitted.)
- ✓ Sports Participation Release Online Form: Please indicate all the sports your student may potentially compete in during the next school year.
- ✓ Emergency Release Medical Authorization Online Form (2019-2020): All fall sports participants must have completed form online before they can practice.
- ✓ Concussion Information 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.
- ✓ 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.
- ✓ Registration: Please register online beginning June 1. You can find the registration link in veracross in the athletics tab.
- ✓ Eligibility Forms: New 10th, 11th, and 12th 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 Director of Athletics to fill these out. This appointment should take place no later than August 18.
- ✓ Impact Testing: 9th graders and those returning players who were tested in Fall 2018 will need undergo our web-based impact testing for our high impact sports: girls soccer, boys ultimate and volleyball. I will send sign-up details to those students about testing options.

We look forward to seeing you on August 26.

Email Contact Information: Rebecca Moe, Director of Athletics, rmoe@universityprep.org