

## **Important Items for the 2009 Fall Season**

### **Organization:**

*Most communication will come from Chesed Reyes. Each team will have a team parent who will assist with transportation, game refreshments and spectator sportsmanship.*

### **Practices:**

*Boys playing soccer will meet their coach in front of Town School and will walk together to Morton Field in the Presidio. Boys need to be picked up at Morton Field, please do your best to be on time. We ask all parents to assist the Athletic Department in caring for our school building. Boys are asked to change from their cleats to street shoes prior to entering the school building. Boys running cross country will meet at Town and return to Town. Pick up for cross country runners will be at Town School. Boys run with teammates and are supervised by coaches. Please be sure to park, not Double Park, if boys return to school after practice to get academic items. Boys can bring their backpacks and books to the field which would enable you to go directly home after practice. Parents are welcome to watch the last 15 minutes of soccer practices.*

### **BAIAL League**

*Team parents will ask for parent drivers to drive boys to each game - please do what you can. Parent drivers will return boys to Town School after the game/meet if needed – please let team parents know prior to the day of the event if your son needs to go back to school. Most schools are about 20-40 minutes away and soccer games typically last between 60-75 minutes and cross country meets between 30-45 minutes.*

### **CYO League**

*Team parents can assist with carpools if needed. Games take place in San Francisco on Saturdays; parents are expected to drive their sons to and from each game. Please contact the team parent if you would like to carpool to any of the games.*

### **Equipment and Uniforms**

*Boys are responsible for bringing their equipment to practices and uniforms to games. Uniforms are to be worn to games only. Do not wear your uniform to practice. Boys will need assistance with organization. My recommendation is that each family have a list of “practice items” and “game items” available for the boys. A great system for organization with regard to athletic items is to ask the boys to collect needed items to be checked by parents. This system over time will hopefully enable the boys to do this completely on their own.*

### **Practice Items:**

*The Athletic Department works hard at instilling student responsibility with student athletes. We ask that boys communicate with their coaches when they are planning to miss a practice or plan to be late. Our philosophy is that great learning takes place during practice, missed time matters. We ask that boys also email their coaches when they are home sick and plan to miss practice or a game. We realize this responsibility varies from grade to grade and boy to boy, and any assistance you can provide with reinforcing this line of communication would be greatly appreciated. Coach's names and email addresses are available on the Athletic Pages of our website under the particular sport your son is participating in.*

**Soccer** – boys should bring a pair of shorts, t-shirt, shin guards, cleats, socks, reusable water bottle, clothing for cold weather, and a snack.

### **Practice Schedule**

#### **6th Grade Teams**

Monday, Wednesday                      3:30pm - 5:30pm

#### **7th Grade Teams**

Tuesday, Thursday, Friday              3:30pm - 5:30pm

#### **8th Grade**

Team 1 -Tuesday, Wednesday, Thursday and Friday - 2:30pm - 4:30pm

Team 2 -Tuesday, Wednesday, and Thursday -                      2:30pm - 4:30pm

### **Cross Country**

Our cross country program includes boys from grade 5 – 8. We participate in the BAIAL League.

**Proper Dress:** boys should bring a pair of shorts, t-shirt, low cut socks, and good quality running shoes.

#### **Schedule:**

- Practices are offered **Mondays through Thursdays from 3:30–4:30.**
- Pick up is at Town School at the flagpole.
- All runners must attend 2 or more practices each week in addition to races. Boys can miss soccer practice for a race, but they need to tell their coach in advance.
- Runners practice a minimum of two days of their choice and will fill out a contract specifying their days of preference. However, runners may not choose both Tuesday and Wednesday as most races occur on these days.

**Game/Meet Items:**

**Cross Country** – boys should bring their Town School uniform; low cut white socks, running shoes, water and a post game snack.

**Soccer** – boys should bring their Town School uniform which includes blue soccer socks, shin guards, cleats and maybe a post game snack. Team parents will organize water and snacks.

**\*All uniforms are to be worn to games or meets only. Do not wear uniforms to school or practice.**

**Game/Meet Eligibility**

Boys need to arrive to Town School by 12:00PM to be eligible to participate in a game or meet.

To read our philosophy and playing time procedures, go to:

[http://www.townschool.com/athletics/interscholastic\\_sports.html](http://www.townschool.com/athletics/interscholastic_sports.html)

**Contact Information**

All schedules will be posted on the Town School Website (<http://www.townschool.com>). First go to, "Athletics" then to the appropriate sport, grade and team. Updates will be made on the Town School Sports Line which is 921-6335 extension 300.