

## REGISTERING FOR A SPORT

To register for a sport, parents will register their daughters online with Family ID by going to the Linden Hall website. You will find Sports Registration in the drop-down menu under the Athletics tab on the Linden Hall Homepage and in the parent portal. Please read all pages of the online registration very thoroughly for all the information that you need.

The arrival date for all fall sports is August 13<sup>th</sup>, 2:00 check-in. Practices from August 13<sup>th</sup> to the start of school are mandatory. If you plan on playing the fall sports of Varsity Golf, Varsity or Junior High Cross Country, Varsity or Junior High Volleyball, Varsity Tennis or Varsity or Middle School Soccer, arrange your travel plans to arrive on August 13<sup>th</sup> for 2:00 check-in.

Linden Hall and its cooperative program with Warwick High school offer the following sports:

### LINDEN HALL SPORTS:

Archery (High School grades 9-12; Middle School grades 6-8)

Basketball (Varsity/ Junior Varsity grades 9-12; Junior High grades \*6/7-9)

Cross Country (Varsity/ Junior Varsity grades 9-12; Junior High grades \*6/7-9) Dance team (grades 6-12) (performs at half time of basketball games) Competitive Dance Team (grades 6-12) (travels to dance competitions in the spring)

Equestrian team (grades 6-12) (competes in campus, local and regional shows)

Golf (Varsity grades 9-12)

Soccer (Varsity/ Junior Varsity grades 9-12; Middle School grades 6-8)

Tennis (Varsity/ Junior Varsity grades 9-12; Middle School grades 6-8)

Volleyball (Varsity/ Junior Varsity grades 9-12; Junior High grades \*6/7-9)

Girls on the Run (grades 6-8)

\*6<sup>th</sup> graders are permitted to participate on Junior High teams with 7-9<sup>th</sup> graders however, they may compete in contests against NON-PIAA teams only.

**WARWICK SPORTS** - Linden Hall has a PIAA cooperative program with the local public high school in sports. Linden Hall students can participate at Warwick in sports that Linden Hall does not offer. There is a \$50 participation fee for sports at Warwick:

**All Sports at Warwick are offered for 9-12 graders only (Varsity/Junior Varsity)**

**Field Hockey**

**Bowling**

**Swimming**

**Lacrosse**

**Softball**

**Track and Field**

**Please read carefully to find registration deadlines for your sport. In addition, please read carefully for required pre-participation forms.**

**REGISTRATION DEADLINES:**

**August 1** – Cross Country, Golf, Soccer (Varsity/JV ONLY), Tennis (Varsity/JV ONLY), Volleyball, Field Hockey

**August 23** – Dance Team, Competitive Dance Team, Equestrian Team

**September 3** – Archery

**November 1** – Basketball, Swimming, Bowling

**February 1** – Lacrosse, Softball, Track and Field, Middle School Tennis, Middle School Soccer, Girls on the Run

**PRESEASON PRACTICES:** Students participating in the sports of **Golf (V); Cross Country (V/JV/JH); Soccer (V/JV); Tennis (V/JV); Volleyball (V/JV/JH); and Field Hockey (V/JV at Warwick)**, please plan to arrive at Linden Hall by 2:00 PM on August 13th for the start of testing, team organizational meetings and practices. All boarding students will stay in the dorms at Linden Hall during preseason. Day students may stay in the dorms if there is space available. Attendance at all practices and team activities is required. If you do not attend preseason practices you will not be able to participate in fall sports. Preseason practice/meeting schedules will be distributed to families as soon as possible.

**PRE-PARTICIPATION PAPERWORK AND SPORTS PHYSICALS:** All student-athletes are required to complete the PIAA Comprehensive Initial Pre-Participation Physical Evaluation

(CIPPE) which is comprised of 6 sections. If you complete the ONLINE REGISTRATION, you will be completing sections 1-5 of the CIPPE forms. You DO NOT have to complete the hard copies to turn into the athletic department. *The exception to that is if you are playing a sport at Warwick in which case, students are required to complete ALL sections 1-6 of the PIAA CIPPE forms and turn in the hard copies.*

## **PHYSICALS**

**ALL DOMESTIC** student-athletes are **REQUIRED** to have a PIAA sports physical **PRIOR** to their arrival on campus. **PHYSICALS MUST BE COMPLETED AFTER MAY 31, 2019.** Section 6 is the PIAA Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner. The doctor who performs the physical must complete Section 6. **PLEASE UPLOAD A COPY OF SECTION 6 TO YOUR ONLINE REGISTRATION PAGE by the registration deadline for your sport.** **\*\*PLEASE BE AWARE THAT YOU WILL NEED TO BRING A COPY OF SECTION 5 WITH YOU TO THE PHYSICAL EXAMINATION FOR THE DOCTOR TO REVIEW.** There is a link to the PIAA CIPPE forms on the right of page one of the online registration and one is also included in this packet.

**ALL INTERNATIONAL STUDENTS** are required to have sports physicals in Pennsylvania. Linden Hall will offer on campus physicals for International students only. **DOMESTIC** students must complete their physical exams before returning to school. There is a \$20.00 fee for on campus sports physicals. On campus sports physicals are reserved for International students. We expect that all domestic students will complete their physicals by the registration deadlines.

**Physicals** for students whose seasons begin on August 13th will take place on August 13th and August 14th on campus. Physicals for students whose seasons begin after August 13th are TBA. No student-athlete may participate in any form of practice session until physicals are complete!

**WARWICK SPORTS:** If you are registering to participate in a sport at Warwick, you are required to complete the hard copies of sections 1-6 of the CIPPE forms. You must also complete the Warwick Student Extra-Curricular Activity form and the Warwick Athletic Participation Form. Warwick School District requires you to pay a \$50.00 participation fee. **All forms must be uploaded to your registration page by the registration deadline for your sport. All fees must be paid by the registration deadline for your sport.** You can find all forms at the links on the right of the first page of the online registration.

**9th GRADERS - JR. HIGH VS. JV/VARSITY:** If you are a ninth grader, you will play on the Junior High team (JH) or the Junior Varsity (JV)/ Varsity Teams. Please register for one of the teams. The coaches will place you on the appropriate team based on the needs of the program and based on their evaluation of your skill, athleticism, knowledge of the sport and experience.

**6th GRADERS** - Sixth graders may register for junior high teams in the sports of Cross Country, Volleyball and Basketball. Sixth graders may attend all practices and may play in contests that are NOT against PIAA opponents. Sixth graders will not be permitted to play in contests against PIAA opponents.

**NEW DAY STUDENTS AND NEW INTERNATIONAL STUDENTS: NEW DAY STUDENTS AND NEW INTERNATIONAL STUDENTS MUST COMPLETE THE TRANSFER WAIVER FORM. NEW BOARDING DOMESTIC STUDENTS DO NOT HAVE TO COMPLETE THIS FORM.**

If you are a NEW DAY student or a NEW INTERNATIONAL student in grade 10, 11 or 12 and you are participating in a Varsity or JV PIAA sport (Cross Country, Golf, Basketball, Tennis, Soccer, Volleyball, Field Hockey, Swimming, Bowling, Softball, Track and Field, Lacrosse), the PIAA requires all transfers to turn in a transfer waiver form that is completed by you, the school from which you are transferring and the new school.

The student/parents must complete SECTIONS 2-3 and the former school principal must complete SECTION 5. Once those three sections are complete, please turn in to Shellee Copley, Director of Athletics, no less than 2 weeks prior to the start of your season.

**SAVE THE DATE FOR NEXT YEAR!** Next year the first day of pre-season will be **Tuesday, August 11th, 2020**. It is required for all student-athletes to arrive to campus by 2:00 that day for the following sports: **Varsity/ JV Cross Country, Varsity Golf, Varsity/JV Soccer, Varsity/JV Tennis, Varsity/JV Volleyball, Jr. High Volleyball and Varsity/JV Field Hockey (at Warwick).**

#### **PHYSICAL EDUCATION REQUIREMENT:**

9<sup>th</sup> – 12<sup>th</sup> grade - two credits, awarded as 0.5 credits each year for participation in at least one interscholastic sports team or After School Physical Education (ASPE) elective.

6<sup>th</sup> – 8<sup>th</sup> grade - 1.5 credits, awarded as 0.5 credits each year for participation in at least one interscholastic sports team and physical education class.

Physical Education is required each year for every student at Linden Hall. The requirement for upper school students is satisfied by participation on a team sport at Linden Hall or through the cooperative program at Warwick High School. Team levels include Varsity and Junior Varsity (both at Linden Hall and Warwick for 9-12 graders) and Junior High (at Linden Hall for 9<sup>th</sup> graders). If a student does not play a season of a sport, she must complete a Linden Hall designated After School Physical Education (ASPE) class twice a week throughout the year; options include riding lessons and dance. If a student chooses to play a sport but does not complete the entire sport season, she must join the ASPE program to fulfill her credit.

Middle School students are enrolled in year-long physical education classes twice a week and may additionally participate on a team sport. Junior High sports are offered for middle school

students. During the team season, including the Girls on the Run program, middle school students are not required to attend Physical Education classes except for attending the Archery unit to fulfill Linden Hall's obligation to the National Archery in the Schools Program.