

## Upper School Athletics – Fall '19 Pre-Season Schedules

It's hard to imagine that fall athletic practices and double sessions and the 2019-2020 school year will soon be upon us. The following Upper School sports will be offered this fall. Please feel free to email the Head Coaches listed below with any specific questions you may have with regard to their respective program. It's imperative that all Upper School athletes who are trying out for a fall sport are here at the beginning of pre-season.

<b>Sport</b>	<b>Head Coach/Email Address</b>	<b>Practice Start Date</b>
Boys' Cross Country	Timothy White; timwhite322@gmail.com	Monday, August 12
Girls' Cross Country	Timothy White; timwhite322@gmail.com	Monday, August 12
Field Hockey	Gia Nappi; gnappi7@gmail.com	Monday, August 12
Football	Anthony Rea; a24rea@yahoo.com	Thursday, August 15
Boys' Soccer	Rob Leather; rleather@mka.org	Saturday, August 17
Girls' Soccer	Jordan Raper; jraper@mka.org	Monday, August 12
Girls' Tennis	Bill Wing; bwttta@aol.com	Monday, August 19
Girls' Volleyball	Molli Dowd; mollid@me.com	Monday, August 12

All medical requirements for pre-season athletic clearance, including the Athletic Code of Conduct, can be found in the parent portal. Log in to the parent portal at [www.mka.org/parents/portal](http://www.mka.org/parents/portal) and select the link to Magnus Health.

For anything and everything about MKA Athletics and CougarNation follow us: *@mkaathletics* on Instagram, Twitter and Snapchat.