



Commonwealth Athletics 2022 Fall Sports Information

ATTENDANCE

New addendum to attendance policy: If a student is present at school but will miss sports on that day, a parent/guardian must notify the school by 2:00 p.m. at the latest to confirm their absence.

Students who have more than one unexcused absence will not receive sports credit for the season and will be required to take a spring sport. Please see the [Parent-Student Handbook](#) for more information.

SCHEDULE

Sports are held from around 3:00–5:00 p.m. on Monday, Wednesday, and Friday afternoons. Absences during this time for any reason, including medical appointments or tutoring, should be avoided. Also see “Attendance” above and the [Athletics Calendar](#) on the Commonwealth website.

Fall Sports Dates

Note, team sports *might* have playoffs during the first week of November:

Weekday	Date
Wednesday	9/7
Friday	9/9
Monday	9/12
Wednesday	9/14
Friday	9/16
Monday	9/19
Wednesday	9/21
Wednesday	9/28
Friday	9/30
Monday	10/3
Friday	10/7
Wednesday	10/12
Friday	10/14
Monday	10/17
Wednesday	10/19
Friday	10/21
Monday	10/24
Monday	10/31

FALL SPORTS

CROSS COUNTRY

- **Location:** The Esplanade. Students meet with Coach John Wolff right after school and have practice at the Esplanade. Information about away meets can be found on the [Athletics Calendar](#) on the Commonwealth website.
- **Clothing/Gear:** Students should wear running shoes. Team jerseys and shorts are provided by the school.

FENCING

- **Location:** The fencing team practices and competes at Moe Fencing Club, 290R Broadway, Somerville, MA.
- **Transportation:** Students take the MBTA Green or Orange Lines (or shuttles, as needed), then transfer to a bus to get to the fencing club.

FITNESS

- **Location:** Huntington Avenue branch of the Boston YMCA, 316 Huntington Avenue, Boston, MA
- **Transportation:** Students take the MBTA Green Line E train to the Northeastern stop and walk to the YMCA.
- **Clothing/Gear:** Students should have shorts, sweatpants, or other athletic wear, and sneakers.
- **Schedule:** Mondays and Wednesdays are a physical education class, and Fridays are a high-intensity interval training (HIIT) class.
- **Forms:** Students must fill out a teen membership form before beginning; their membership costs are covered by the school. This form will be sent to the student's @commschool email via the fitness Google group.

RECREATIONAL RUNNING

- **Location:** The Esplanade.
- **Schedule:** Students will practice with the cross country team, but they will not travel to meets. They will instead have to complete a 5k race during the fall to earn their fall sports credit. Information about local 5ks can be provided upon request or found independently.

SAILING

- **Location:** Community Boating Inc. (CBI) located along the Esplanade, 21 David G Mugar Way, Boston, MA
- **Transportation:** Students will walk to CBI.
- **Forms:** Students must complete several forms, including proof of swimming ability if they have not participated in sailing before. (Returning sailors *don't* need to complete a new form.) All required forms will be sent to students' commschool emails via the sailing Google group.

SOCCKER

- **Location:** Practices are at Teddy Ebersol Fields along the Esplanade, with the exception of Monday practices held at Boston Common. Full schedule and locations can be found on the [Athletics Calendar](#) on the Commonwealth website.
- **Clothing/Gear:** The school provides soccer socks, shorts, and jerseys. Players are required to provide cleats and shin guards. While players can play in sneakers (although it isn't recommended), if a player isn't wearing shin guards, they will not be allowed to play in games.

SQUASH

- **Location:** Squash is held at the Tennis and Racquet Club at 939 Boylston Street, a short walk from the school.
- **Clothing/Gear:** Students can either bring their own racquet and goggles or borrow a set from the school. They must wear non-marking soled shoes so as not to leave marks on the courts (more information [here](#)).
- **Practices:** A squash professional provides instruction, and there will be orientation on day 1 (Wednesday, September 7).

YOGA

Yoga takes place in room 2C at Commonwealth. Students should be in the classroom by 3:00 p.m., wearing clothes they can stretch in.

ImPACT TESTING

The ImPACT test is a concussion baseline test. It helps us determine when it is safe for students to return to athletics after suffering a concussion. In the past all students would take this test at the beginning of each school year, but we haven't done it since before the pandemic. **All students are required to take this test regardless of the sport they're participating in.**

The ImPACT test usually takes about 20 minutes; it must be completed within 45 minutes of starting. It can be taken at home or on any computer.

How do I take the test?

1. Go to impacttestonline.com/testing
2. Enter the customer code: G3GZ8206DA and click "Validate"
3. After "Commonwealth School" appears, click "Launch test"
4. Follow the prompts in the popup window.
 - a. Note: when selecting gender, they're asking for assigned gender at birth.
 - b. You can skip "additional demographics"
 - c. Current symptoms/conditions should be most or all zeroes, unless you've had a recent concussion. These are specific to you, so if you wear glasses, visual problems will still be zero unless you're experiencing worse than your normal vision.
 - d. Begin the test by following the prompts.

If you have any questions, please contact the Athletic Director Jackson Elliott (jjelliott@commschool.org).