



Lower School Fall Athletics 2023

The following is a list of the fall sports offered to all WSLS 7th and 8th grade students.

Middle school athletics is a great opportunity for students to try a new sport, continue to improve skills, and work on fitness and athleticism for another sport. Our philosophy at the middle school level is to teach a sport to the new player, as well as continue to improve the skills and IQ, of that sport, to the experienced player. We hope to help them prepare for our Upper School teams, along with helping them to maintain a healthy lifestyle through sport. Middle school athletics, especially 7th and 8th grade, is a competitive program, but it is also an opportunity to learn teamwork, leadership, commitment/perseverance, and develop lasting friendships.

Athletes can sign up for cross country, field hockey, or soccer through Lower School Athletic Director Mr. Plaksa: eplaksa@wyomingseminary.org.

For more information, please reach out to the appropriate Head Coach: Coed Cross Country - Amanda McGinty: amcginty@wyomingseminary.org, Girls Field Hockey - Marina Barnak: mbarnak17@gmail.com, or Coed Soccer – Paul Burg: pburg@wyomingseminary.org.

Coed Cross Country - Athletes should have with them for practice: running shoes, shorts, a comfortable shirt, and a water bottle. The first week of preseason practices will be held on: Monday – 8/14 (9:00AM – 10:30AM), Tuesday - 8/15 (3:00PM – 4:00PM), Wednesday - 8/16 (9:00AM – 10:30AM), and Thursday - 8/17 (3:00PM – 4:00PM). The following week of preseason practices will be held Monday - 8/21 (9:00AM – 10:30AM), Tuesday - 8/22 (3:00PM – 4:00PM), Wednesday - 8/23 (9:00AM – 10:30AM), and Thursday - 8/24 (3:00PM – 4:00PM). All these practices will take place at KIRBY PARK (the Kingston side of the Susquehanna River), meeting at the running track area. There will be a scrimmage meet on our HOME COURSE on Friday – 8/25 (9:00AM – 10:30AM). Once school begins, practices will run four to five days a week from 3:30PM – 4:30PM at the Lower School, unless otherwise noted.

Coaches: Head Coach Mrs. McGinty and Assistant Coach Mrs. Maakestad.

Girls' Field Hockey - Athletes should have with them for practice: cleats, shorts and t-shirt, shin guards, mouth guard, goggles are optional, a stick, and a water

bottle. The first week of preseason practices will be held on: Wednesday - 8/16 & Thursday - 8/17 (these practices will be from 3:30PM – 5:30PM). The following week of preseason practices will be held Monday - 8/21 thru Friday – 8/25 (these practices will also be from 3:30PM – 5:30PM). Once school begins, practices will run five days a week from 3:30PM - 5:30PM. All practices will be held at the Lower School (Zimmerman Field), unless otherwise noted (depending on the soccer and field hockey schedules).

Coaches: Head Coach Miss Barnak and Assistant Coach Mrs. Doan.

Coed Soccer - Athletes should have with them for practice: cleats, shorts, t-shirt, shin guards, and water bottle. The first week of preseason practices will be held on: Wednesday - 8/16, Thursday - 8/17, and Friday 8/18 (these practices will be from 1:00PM – 3:00PM). The following week of preseason practices will be held Monday - 8/21 thru Friday – 8/25 (these practices will also be from 1PM – 3PM). Once school begins, practices will run four to five days a week from 3:30PM - 5:30PM. All practices will be held at the Lower School (Zimmerman Field), unless otherwise noted (depending on the soccer and field hockey schedules).

Coaches: Head Coach Mr. Burg and Assistant Coach Miss Kelly.

If you have any questions, please feel free to call me at (570)718-6604 (office) or (570)814-5678 (cell). You can also e-mail me at eplaksa@wyomingseminary.org.

Remember you must be enrolled at SEM and have all the school's paperwork completed (especially the medical) before you are able to begin practice.