



August 2024

Dear Parents/Guardians,

We are excited to welcome back our staff and student athletes for the fall 2024 athletic season starting on Monday, August 19th. We encourage students to join one of our more than 20 athletic programs. While participating and competing under the Maroon and White students can develop skills in leadership, teamwork, sportsmanship and develop strong personal character and the sense of pride that accompanies being a Pony. Before the first practice, all participants will need a signed co-curricular contract, and a current (performed in October 2023 or more recently) pre-participation physical filed with the health office before being allowed to participate. Please email or fax your copy as soon as possible.

The fall athletic season will begin with pre-season training on August 19th. Team practice times for the first week are as follows:

	<u>morning sessions</u>	<u>afternoon sessions</u>
Football:	9:00-11:00	and 4:00-6:00
Field Hockey	7:30-8:30	and 4:00-6:00
Girls Soccer	8:00-10:00	and 6:00-8:00
Golf		3:00-5:00 @ Foxcroft Golf Club
Cross Country		4:00- 6:00
Boys Soccer	8:00-9:30	6:00-8:00
Fall Cheering	TBD	

Secondary school athletics exist as an opportunity for young adults to experience the joys of winning and success, but also to learn to navigate adversity, overcome disappointment and loss. Participating in athletics is a wonderful way to promote physical health, build mental fortitude, develop resilience and establish communication skills with their peers, coaches and other adults.

It is the responsibility of the coaches, parents and administrators to all maintain high expectations of our student athletes to behave with character, respect and integrity towards their teammates, coaches, officials and opponents.

High school is the time for parents to encourage their teens to be the chief communicator for their activities. Have your student-athlete turn in their paperwork, have your student-athlete send the email asking about dates, times, due dates etc. Empower them to get comfortable with exercises in accountability and responsibility. They should be accessing their captains to ask questions about everything from practice time changes to better understanding team chemistry. If they are nervous to talk with their coach or captain, help them format questions and practice with them how they would talk to

their coach. Helping them grow into these next steps of athletic maturity will benefit them far more than just doing it for them. Allowing your student-athlete to work through this process with your guidance and encouragement helps build their skills and confidence, and will strengthen their relationships with their coaches.

When there is a misunderstanding or potential conflict within a team, the communication process should be:

1. Student-athlete to captain
2. Student-athlete to coach
3. Student-athlete and parent-to-coach
4. Student-athlete to athletic director
5. Student-athlete and parent to athletic director
6. Parent to head of school

Most misunderstandings can be resolved with an immediate conversation between the student-athlete and their team captain or the coach.

Involvement in athletics roots in a love of sports. Keep the atmosphere one where everyone wants to continue to be involved; applaud the good plays regardless of who made it and congratulate the winners. Student athletes who are taught good sportsmanship will display it, along with exercising better self-control, and respect for others; skills that will serve them beyond the playing arena as they mature into young adults. Everyone can be a part of the success.

Sincerely,
Jaclyn Tourtelotte ATC