

# Middle School Athletics Guide

---



## 5th and 6th Grades

- Continue participation in **Physical Education (PE)**.
  - **Team sports begin in 7th grade.**
- 

## 7th and 8th Grade Athletics Options

Students may choose from the following each trimester:

**Fall**            Cross Country or Soccer

**Winter**        Wrestling or Basketball

**Spring**        Baseball or Track & Field

### Additional Note:

- Student athletes are expected to **attend all practices, games, meets, and matches** during their season.
- 

## Independent Sport Option

Collegiate is a small school, and therefore, limited in the number of athletic programs we can offer. However, we seek the broadest range of outlets for our students to be able to pursue their athletic dreams and passions—even in areas that the school does not offer.

The Athletic/Physical Education Department feels strongly, based on the current body of research, that a multi-sport approach is best for improving a boy's overall athletic ability, fitness, and performance. This approach helps develop different muscle groups and reduces risk of overuse injuries.

The department also feels that playing on a school team or participating in physical education creates a sense of camaraderie and school spirit so important to the Collegiate student and difficult to replicate outside of the school environment.

Students may request an exemption from school athletics for **up to 2 out of 3 trimesters**, if they participate in an **out-of-school independent sport**.

### Requirements for exemption:

- The independent sport must include **at least 2 practices between Monday–Friday**.

- Total participation time must equal **4 or more hours per week**, including weekend practice.
  - Students **cannot seek exemption** for a sport offered by Collegiate during that trimester.
  - One trimester must still be **PE or a school team sport**.
  - **Exemption Form:** Available on the Collegiate Website > Athletics > Physical Education [Exemption Form Grade 7-12](#)
- 

## Frequently Asked Questions (FAQs)

Question	Answer
<b>When do students sign up for athletics?</b>	Sign-ups take place <b>on the first day of the sports season:</b> <ul style="list-style-type: none"> <li>• <b>Fall:</b> First day of classes</li> <li>• <b>Winter:</b> Mid-November</li> <li>• <b>Spring:</b> Late February</li> </ul>
<b>Which sports are offered each season?</b>	<b>Fall:</b> Cross Country or Soccer <b>Winter:</b> Wrestling or Basketball <b>Spring:</b> Baseball or Track & Field
<b>When are practices held?</b>	<b>Monday:</b> 3:20–4:00 pm (4:15 pm if practice is off campus) <b>Tuesday–Thursday:</b> 2:30–4:00 pm (4:30 pm if traveling by bus)
<b>When and where are games/meets/matches?</b>	<ul style="list-style-type: none"> <li>• Usually <b>Tuesdays and Thursdays</b> (occasionally Mondays due to field/gym availability)</li> <li>• Start times: <b>3:30 or 4:00 pm</b></li> <li>• Duration: <b>1 hour 15 minutes to 1 hour 45 minutes</b></li> <li>• Common locations: <b>Randall’s Island, Van Cortlandt Park</b>, and other competing schools</li> </ul>
<b>Who are the coaches?</b>	<b>Cross Country:</b> Coach Fenoy <b>Soccer:</b> 8th – Coach Bahena / 7th – Coach Mankowich / 7–8 Blue – Coach Charriez <b>Wrestling:</b> Coach Mankowich <b>Basketball:</b> 8th – Coach Grupp / 7th – Coach Alifano <b>Baseball:</b> 8th – Coach Ortiz / 7th – Coach Little <b>Track &amp; Field:</b> 7th–8th – Coach Fenoy

**Where can I find the athletics schedule?**

On the Collegiate Website > Athletics (scroll down for schedules) [Athletics Calendar](#) and on the **school calendar**.

**Can students leave directly from a game or practice?**

Yes, with **guardian permission** and a **filed Dismissal Form**.  
Form available on the Collegiate Website > Athletics > Athletic Downloads > Dismissal Form. [Dismissal Form](#)  
The form must be submitted to the coach **before the start of the season or game**.

**Where can I find more information about the Athletics Program?**

Refer to the Collegiate Website > Athletics > Athletics Handbook. [Athletics Handbook](#)

**What additional sports are available in Upper School?**

Upper School adds **Indoor Track & Field, Tennis, and Golf**.  
All **Junior Varsity and Varsity** sports require **tryouts**.

**What are Collegiate's league affiliations?**

- **Overall:** New York State Association of Independent Schools Athletic Association (NYSAISAA)
- **Middle School:** Metropolitan Middle School League (MPMSL)
- **Upper School:** Ivy Preparatory League

**Are there "cuts" in Middle school sports? Is there a choice of sport?**

Due to space constraints, basketball is the only team that limits the number on the team in 7th and 8th grade. All the other teams allow student-athletes a spot on a team. Student athletes can join the team of their choice each sport season.

---

## Contact Information

For additional questions or assistance, please contact:

**Ray Voelkel**, Head of Athletics/Physical Education [rvoelkel@collegiateschool.org](mailto:rvoelkel@collegiateschool.org)

**Paul Mankowich**, Assistant Head of Athletics/Physical Ed. [pmankowich@collegiateschool.org](mailto:pmankowich@collegiateschool.org)