

Greenwich Academy Athletic Handbook for Families

2026-2027



Table of Contents

Introduction	
Athletic and Physical Education Philosophy	
Programs: Middle and Upper School	
& attendance requirements	
Sports Offered	
Coaching Directory	2
League Affiliations	2
Sportsmanship/Code of Conduct	3
Communication/GA Athletic Site	4
Cancellation of practice/games	5
Parent Support & Communications	7
	8
Policies	9
Physical Education Policies US & MS	9
Religious Holiday & School Closures	9
Team Fees - through GAPA	
Team Dinners	
Team Gear - required	11
Flash Store - optional	13
Transportation	13
	13
Procedures	13
Composition of Teams	15
Tryout and Team Selections	15
Playing Time	
Practice Times US & MS	
Uniforms	15
Health and Safety	16
Honors and Awards	16
Season Celebrations	16
Athletic Awards	17
Captains	17
Preseason/Spring Break	17
	18
	18
	21
	21

Dear Partners of Greenwich Academy Athletics:

This handbook is designed as a resource to outline our program and enhance communication between the GA Athletic Department and GA families. Being a member of the Greenwich Academy athletic program, with its rich and storied history, is a privilege and honor, and with that comes many responsibilities and expectations. Whether wearing a Greenwich Academy uniform, coaching a game, or cheering from the sidelines, those in our community should strive at all times to model the School's motto, *Toward the Building of Character*.

Athletic Philosophy

Greenwich Academy's Athletic Philosophy

An integral part of a GA student's education, Greenwich Academy's athletic philosophy mirrors the School's commitment to fostering excellence. At all levels, student-athletes are given the opportunity to improve their skills and understanding of tactics in an environment that rewards sportsmanship, discipline, dedication, and teamwork; through these lessons, the department promotes physical, intellectual, and emotional growth. All Gators have the opportunity to compete on a team regardless of their experience or skill level. As student-athletes mature through our program, the emphasis changes from participation to performance, as reflected in team selection, size, and playing time. Most importantly, the school's motto, *Toward the Building of Character*, is realized in our athletic arenas as our student-athletes, coaches, and fans learn to win with grace and accept defeat with dignity, demonstrating resilience, courage, integrity, and compassion.

Physical Education Philosophy

Greenwich Academy recognizes the connection between a sound mind and a sound body and, therefore, has a physical education program that meets the needs of its students as they move through each division of the school. Transitioning from learning the basics of gross motor movement to refining and extending sport-specific skills that may be applied in a competitive setting. Students, at all times, learn in an environment that encourages self-discovery and cooperation. Promoting a lifelong understanding of the importance of healthy habits and fitness is paramount throughout.

Programs

Middle School Program

All Group VII & VIII students are required to participate on an athletic team or dance each season. Group VII can select dance for no more than two seasons, Group VIII may select dance for all three seasons. We offer the following sports:

- Fall: Cross Country, Field Hockey, Soccer, Volleyball, Dance
- Winter: Basketball, Ice Hockey, Squash, Swimming, Dance
- Spring: Crew, Lacrosse, Tennis, Track & Field, Dance, Strength and Conditioning

With the exception of game days and Wednesdays, teams hold 75-minute practices during the last two periods of the school day. Training sessions are designed to teach each sport's fundamental skills, tactics, and rules. Teams are generally composed of a mixture of grade

levels based on experience and ability. For programs that train off campus, practice time may be extended, taking into account travel time to and from facilities.

Greenwich Academy is a Middle School Fairchester Athletic Association (MSFAA) member and also competes against local non-member schools.

Group VII/VIII Athletics Attendance Policy

The expectation is that every student comes to every practice and plays every game unless she is injured, sick, or absent from school. If a student has a conflict and needs to miss a practice or game, she needs to discuss this with her coach ahead of time (ideally, at least one week prior to the absence). GA after-school games take priority over clubs, private lessons, and play rehearsals (unless it is tech week). Showing commitment to the team is important!

If a student gets injured while playing on a GA team, she should see one of GA's athletic trainers (Jo Leiva or Ali Czescik) to be evaluated. They will let her know if she needs to see a doctor. If she has been seen by a doctor, and the doctor feels that she needs to sit out of sports, she is required to bring a note from him or her that is shared and kept on file in the MS and Athletics Office. Another doctor's note is required indicating that she is cleared to return to sports before she can participate. The expectation is that she will still attend her team practices even if she can't participate unless she has to sit out per doctor's orders for over two weeks. In the case of a long absence from the sport, the athlete should discuss the situation with her GA coach to see if there is a way that she can help the team by attending some of the practices or games. The basketball coach, for example, might ask an athlete who is in a cast for 4 weeks to run the scoreboard at their four home games. On the other days, this athlete might be told she can leave early after signing out in the MS, or she can do work in the MS library until pick-up.

Upper School Program

Working, playing, or practicing in meaningful co-curricular interactions with GA peers is key to developing strong connections to the Greenwich Academy community. There are few better ways to enrich students' feelings of belonging at school than by participating in some of the activities listed below.

Upper school students are encouraged to participate in all three semesters of physical education/community engagement activities. All Upper School students must participate in two of the three semesters of the offered activities that fall into the physical education/community engagement category each year. A survey will be sent out at the end of each year with the options for each trimester. Students will choose their activity at that time. Changes may be limited due to the space and capacity of the group. One off-season will be allowed, but the student must designate which trimester in the survey.

GA fields more than 25 teams in 17 sports and has established a long tradition of interscholastic success. Teams consistently compete for conference titles, and many extend their seasons to contend for New England and, for some teams, national championships. We offer the following sports:

Fall: Crew (non-traditional season*), Cross Country, Field Hockey, Sailing (non-traditional season*), Soccer, Volleyball

Winter: Basketball, Ice Hockey, Skiing, Squash, Swimming & Diving

Spring: Crew, Golf, Lacrosse, Sailing, Tennis, Track & Field, Water Polo

On days we do not compete, a maximum two-hour practice is held (travel to offsite facilities will likely lengthen this time frame). Training sessions are designed to provide the appropriate level of challenge with an increased expectation of performance at the varsity level. Teams may consist of students from a variety of grade levels.

Greenwich Academy is a member of the NEPSAC, WNEPSAA, and FAA. For more information, visit Affiliations on page 8.

Upper School Attendance Policy

Each sport or activity has an attendance policy. Attendance will be taken, and absences will be recorded in accordance with program/team policies.

Upper School Only - Policy for Physical Education Credit for Outside Participation
(see page 11 for policy)

Sports Offerings by Division

Fall	Winter	Spring
Crew*	Basketball**	Crew
Cross Country**	Ice Hockey**	Golf**
Field Hockey**	Skiing*	Lacrosse**
Sailing*	Squash**	Sailing
Soccer**	Swimming and Diving**	Tennis**
Volleyball**		Track and Field**
		Water Polo

*Crew Nontraditional season: A \$1,000 fee is charged to support the cost associated with running this additional season, billed through the school account.

*Sailing Nontraditional season: A \$4,000 fee is charged to support the cost associated with running this additional season, billed through the school account.

*Skiing season: A \$750 fee is charged to support the cost associated with travel to the mountain, billed through the school account.

**FAA Sport

Middle School

Fall	Winter	Spring
Cross Country	Basketball	Crew
Field Hockey	Ice Hockey	Lacrosse
Soccer	Squash	Tennis
Volleyball	Swimming	Track and Field

2026-2027 Coaching Assignments

Fall

Crew

Head: Paul Casey

Assistants: Ainsley Bonang, Falcon Jaacks, Kat Shockley, Nick Spyrou

Cross Country

Head: Jane Finch

Assistants: Kate Lyons, Will Pfadenhauer

Middle School: Claudia Chimale

Field Hockey

Head: Jamie Brower

Assistant: Sally Maloney, Samantha Maresca

JV: Rebecca Ostrye

Assistant: Olivia Hotaling

Thirds: Frederick Van der Weijden

Assistant: TBD

Middle School: Katie Attubato, Mallory Woodruff

Soccer

Head: Kate Sands

Assistant: Bria Van Buhler
JV: Tee Ladouceur
Assistant: Sierra Rosado
Thirds: Win Goodrich
Assistant: TBD
Middle School: Maggie Butorac, Elizabeth Wells

Volleyball

Head: Sebastian Pokluda
Assistant: Pam Cevallos
JV: Jonathan Stoler
Assistant: TBD
Thirds: TBD
Assistant: TBD
Middle School: Erin Brawley, Sarah Bonk, Hillary Brodhun, Paul Jaquiere

Winter

Basketball

Head: Jimmy Cassidy
Assistant: Myrna Brady, Maia Hood
JV: Andrew Aramani
Assistant: Olivia Less
Middle School: Hilary Brodhun, Jane Finch, Paul Jaquiere, Mallory Woodruff

Ice Hockey

Head: Erin Brawley
Assistant: Courtney DeNaut, Samantha Maresca
JV: Stephen Caddy
Assistant: Drew Powell
Middle School: Tee Ladouceur

Skiing

Head: Katie Kraunelis
Assistant: Francesco Sarti

Squash

Varsity A and B: Luke Butterworth, Jamie Sutcliffe
Assistant A/B and JV: Arturo Barreto, Jamie Sutcliffe
Middle School: Arturo Barreto, Luke Butterworth, Jamie Sutcliffe

Swimming & Diving

Head: Megan Kelly (swim), Dylan Korn (dive)
Assistant: Paul Casey, Sandi Honey
Middle School: Sandi Honey, Steve Miller

Spring**Crew**

Head: Paul Casey

Assistants: Ainsley Bonang, Falcon Jaacks, Kat Shockley, Nick Spyrou

Middle School: Paul Casey, Lauren Congiu

Golf

Head: Patrick Dwyer

Assistants: Lauren Chen, Drew Powell

Lacrosse

Varsity A Head: Tee Ladouceur

Assistant: Katherine Schulze

Varsity B: Shira Parower

JV: Olivia Hotaling

Assistant: TBD

Middle School: Win Goodrich, Mallory Woodruff, TBD

Sailing

Head: Beka Schiff

Assistant: Chris Foley, Jen LoBello

Tennis

Varsity: Elizabeth Schrohe

Assistant: Jonathan Stoler

JV: Patrick Ashby

Thirds: Kate Lee

Middle School: Maggie Butorac, Elizabeth Wells

Track & Field

Varsity: TBD

Assistant: Maia Hood, Kate Lyons, Kamele MacLaren, Bobby Walker, Jr.

MS Head: Erin Brawley

Assistant: Deana Semenza

Water Polo

Head: Ulmis lordache

Assistant: Andrew Heath, Daniela Screnci

League Affiliations

NEPSAC

The [New England Preparatory School Athletic Council](#) comprises 180+ member schools, primarily throughout New England and New York. The Council is divided into four geographical districts, and each school competes in classes/divisions based on school size. Greenwich Academy competes as a Class A/Division I school in District Four, also known as the Western New England Athletic Association (WNEPSAA). WNEPSAA is made up of 68 schools from Connecticut and Western Massachusetts.

The following are sports that Greenwich Academy competes in as a member of NEPSAC. NEPSAC hosts a Championship Tournament in the fall and winter for all sports listed; only golf, tennis, track and field, and water polo have a Championship Tournament in the spring.

- Fall: Crew, Cross Country, Field Hockey, Soccer, Volleyball
- Winter: Basketball, Skiing, Ice Hockey, Squash, Swimming and Diving
- Spring: Crew*, Golf, Lacrosse, Sailing**, Tennis, Track and Field, Water Polo

*NEIRA, or New England Interscholastic Rowing Association, sponsors a championship in the spring.

** NESSA or New England Schools Sailing Association

FAA

The Fairchester Athletic Association comprises 12 member schools in both Southwestern Connecticut and Southeastern New York.

Member Schools

- Brunswick School, Greenwich, CT
- Greens Farms Academy, Greens Farms, CT
- Greenwich Academy, Greenwich, CT
- Greenwich Country Day School, Greenwich, CT
- Hamden Hall, Hamden, CT
- Hopkins School, New Haven, CT
- King School, Stamford, CT
- The Masters School, Dobbs Ferry, NY
- Rye Country Day School, Rye, NY
- Sacred Heart Greenwich, Greenwich, CT
- St. Luke's School, New Canaan, CT
- School of the Holy Child, Rye, NY

Fairplay

NEPSAC Code of Ethics and Conduct

As a basic principle, we believe that the lessons learned from fairly played athletics, whether interscholastic or not, including games and practices, benefit our student-athletes and our schools. The purpose of this Code of Ethics and Conduct is to define what "fairly played" means and provide guidelines for NEPSAC student-athletes, coaches, officials, and spectators alike to follow.

Proper Conduct and Good Fairplay:

At the heart of this matter lie several terms which are often hard to define—yet no more important task confronts teachers and coaches than to set standards that are fair and honorable. Throughout this Code, when such terms as “proper conduct” and “fair play” are mentioned, they refer to such standards as these:

- Treat other persons as you know they should be treated and as you wish them to fairly treat you.
- Regard the rules of your game as agreements, the spirit or letter of which you should not evade or break.
- Treat officials and opponents with respect.
- Accept absolutely and without quarrel the final decision of any official.
- Honor visiting teams and spectators as your own guests and treat them as such. Likewise, behave as an honored guest when you visit another school.
- Be gracious in victory and defeat; learn especially to take defeat well.
- Be as cooperative as you are competitive.
- Remember that your actions on and off the field reflect on you and your school.

Middle School Spirit of Competition:

Along with the rules for middle school play, coaches should play with a good spirit of competition. The NEPSAC Code of Ethics provides the framework on which all game behavior should be based. Beyond that, middle school coaches should intentionally make the game a positive experience for everyone involved—players on teams, coaches, officials, and spectators. This means taking a leadership role with your team and setting standards of behavior. Running up the score, keeping a press on in a basketball game when the outcome is clearly evident, putting your starters in as a group when the score is already lopsided, and continuing a run-and-gun style of play rather than emphasizing passing and a set offense, all represent examples of coaching strategy which do not meet the intended spirit of middle school competition.

Communication

Website

The Greenwich Academy athletic website (<https://www.greenwichacademy.org/athletics>) is your source for information.

Here, you can find game schedules, directions to contests, a history of team championships, and information on where our graduates are playing at the next level.

Our website allows you to download a schedule into a Google, iCal, or Outlook calendar. You may also sign up for RSS alerts, so you will be automatically notified if a change is made.

Cancellation of practices/games/rescheduling

If an event is canceled due to inclement weather or on days that the School is closed due to weather or a religious holiday, there will not be any practices or games. On rare occasions, with

the approval of the Director of Athletics & Physical Education and the Head of the Upper School, a team may practice if weather permits.

Coaches may elect to give a team a day off. Ideally, teams are notified in advance for planning purposes. However, there will be times when a coach gives a team a day off as a surprise.

Student/Coach Communication

To support a safe, transparent learning environment and protect both students and staff, all digital messaging must be conducted exclusively through school-approved accounts on **Google Mail** and **Google Chat (GChat)**. Because these platforms automatically maintain a clear communication history, they serve as a vital safeguard for adults and students alike. To maintain healthy professional boundaries, adults at Greenwich Academy should refrain from using personal text messaging, third-party chat apps, or personal social media accounts to interact with current students and their families. Adhering to these shared communication channels ensures that our focus remains entirely on supportive, secure, and professional interactions.

Parental Support/Communication Guidelines

Working together, parents and coaches can best support our student-athletes. When parental and coaching roles are understood and healthy communication is established, it is easier to accept these respective responsibilities and support our student-athletes. Effective communication is vital and requires participation, dedication, sacrifice, and commitment from parents, coaches, and our student-athletes.

Role of the coach

- To put the best interest of the team ahead of individual goals
- To create a positive and productive training environment
 - Provide clear and consistent expectations about performance and how that affects roles on the team
 - Stay current with techniques and tactics, allowing for optimal player development
 - Be approachable and empathetic to individual concerns
 - Understand and appreciate the academic rigor at school
- To model the School's motto, *Toward the Building of Character*

Role of the parent

- To be your child's number-one fan
 - Be positive and encouraging at games for all players, modeling the School's motto, *Toward the Building of Character*.
 - Be a good listener at home, which sometimes means not offering solutions
- To be mindful of and promote the coach's primary role, which is to put the team first
 - Refrain from discussing other players' roles on the team, coaching decisions, and strategies
 - Encourage your child to speak directly with the coach if there is confusion or disappointment regarding their role on the team

Appropriate times for a parent to reach out to a coach

- If there are concerns about the health and welfare of a child
- If no resolution was reached after an initial conversation between player and coach
- To better understand ways to help your child develop as a player
- To discuss the possibility of continuing to compete at the college/university level

If you have a concern to discuss with a coach

- Call or email the coach to set up a time to communicate
- Please do not confront a coach in person before, during, or after a game. This interaction may be emotional and may not promote objective analysis or resolution.

If the discussion with the coach does not provide a satisfactory resolution

- Contact the Director of Athletics & Physical Education to discuss the situation.

Policy for Physical Education

Credit for Outside Participation – Upper School

In keeping with GA's mission to foster excellence, a student who demonstrates extraordinary commitment and talent in one area of athletics may be eligible to receive a physical education credit for participation outside of GA's program. While the School strongly believes in the benefit of a GA team experience, we also recognize that, for some, training outside of our athletic program serves the needs of our student-athletes. The Director of Athletics & Physical Education, along with the Upper and Middle School Heads, as appropriate, will consider whether or not to grant credit based on the following guidelines:

PE credit for a sport not offered at Greenwich Academy

The purpose of this credit is to cultivate a student's enduring and exceptional commitment to a sport not offered at the School. Believing that all students should be exposed to a variety of athletic activities in their developing years, the School offers this credit only to students in Group VIII and above, and no student will receive credit if, in the School's judgment, the exemption would hinder in any significant way the student's ability to be a full member of the School community.

PE credit for a sport offered at Greenwich Academy

- The applicants must train and compete for GA in the sport for which they are seeking credit within that school year and follow FAA and NEPSAC guidelines.
- The applicant must compete at an elite level:
 - Top ranking at the state, regional, or national level in individual sports.
 - Representing the state or region for team sports.
- The applicant will be involved in training eight to ten hours per week with additional weekend commitments.
- The applicant must have a coach and meet with that coach on a regular basis.
- In the event of injury during the GA season, the student-athlete must still attend practice and communicate with the school's athletic trainer regarding rehabilitation.

- The applicant will submit her request three weeks prior to the beginning of the season for which she is seeking credit.

Participation in the GA community

- The applicant's involvement in GA's community outside of the classroom will be taken into consideration as the School asks its students to participate fully in the GA experience.
- If the applicant has limited involvement in the School beyond the classroom, the applicant must submit a proposal outlining a plan for engagement in the community. The proposal will be reviewed by the Director of Athletics & Physical Education, Head of the Upper School, and the applicant in a joint meeting before determining whether or not outside credit will be granted.
- We should note that a student whose petition is successful may also be at a disadvantage in applying for Peer Leaders, Ambassadors, or other programs in which school involvement plays a key role.

Once granted, continued eligibility for credit in a calendar year will hinge upon submitting a final report one week before the conclusion of that season. It is the applicant's responsibility to ensure that all paperwork is submitted in a timely manner to be considered for credit and to receive credit.

Finally, knowing one of GA's guiding principles is to "encourage all students to achieve excellence in their academic and personal pursuits," the School reserves its right to sever this agreement if, in its judgment, the student-athlete is at risk of not achieving one or both of these goals.

Policy for Physical Education Credit for Outside Participation – Middle School

In keeping with GA's mission to foster excellence, a student who demonstrates extraordinary commitment and talent in one area of athletics may be eligible to receive a physical education credit for participation outside of GA's program. Because participation on a team is an integral and treasured part of the Middle School experience at GA, this request may be made once in a calendar year by Group VIII students only. In extraordinary circumstances, an additional season(s) may be granted. The Director of Athletics & Physical Education and the Head of Middle School will consider whether or not to grant credit based on the following guidelines:

- Applicants will submit their requests at least three weeks prior to the beginning of the season for which she is seeking credit
- The applicant must compete on a state or national level
- Once in the Upper School, applicants must compete for GA in the sport for which they are seeking credit if it is offered at GA
- The applicant must be involved in the activity at a minimum of four times per week.
- The applicant must have a coach with whom she meets on a regular basis
- The applicant's coach must submit a written monthly report regarding the applicant's progress and an additional report at the conclusion of the season following GA's report card procedures

Once granted, continued eligibility for credit will hinge upon the submission of the monthly reports and final report card one week before the conclusion of that season. It is the applicant's responsibility to ensure that all paperwork is submitted in a timely manner to be considered for credit and to receive credit.

Physical Education Requirement

Upper School

Upper school students are encouraged to participate in all three semesters of physical education/community engagement activities. All Upper School students must participate in two of the three semesters of the offered activities that fall into the physical education/community engagement category each year. A survey will be sent out at the end of each year with the options for each trimester. Students will choose their activity at that time. Changes may be limited due to the space and capacity of the group. One off season will be allowed, but the student must designate which trimester in the survey.

Middle School

All Group VII and Group VIII students are required to participate on an athletic team or dance (when offered) each season.

Religious Holidays and School Closures

On days that the school is closed for a religious holiday or the school is closed due to inclement weather, no practices or games will be held. On rare occasions, with the approval of the Director of Athletics & Physical Education and the Head of the Upper School, a team may practice if weather permits.

GAPA Reimbursements

Varsity Team Player GAPA Expenses (up to \$75 per player)

- \$75 total for up to 3 x Team dinners - student accounts may be reimbursed and billed through the GAPA reimbursement/student billing request process, however reimbursement may be requested directly from parents/players via cash/Venmo/Zelle if easier). See below for additional information and restrictions on Team Dinners.

Varsity teams often gather for a shared meal on Friday nights as a means of developing closer bonds.

- Dinners may only be held on Fridays prior to a Saturday contest in order to ensure minimal conflicts with any weekday assessments and other commitments.
- Team dinners may not be held on a religious holiday.
- Attendance at these dinners is not mandatory and parents should not be expected to attend (dinners are generally held early in the season, at its conclusion, and an optional dinner before a big game in between).
- Teams are encouraged to have dinners on campus, or within walking distance, as much as possible using the School's facilities, as this limits excessive travel for families.

- Team members (and parents if applicable) who attend the dinner will be charged to their student accounts on an attendance basis.
- Up to \$25 per attendee for up to 3 separate occasions and may be processed through the GAPA Athletics Chair by sending the receipts with a Student Billing Request Form (see GAPA website) & Spreadsheet to the GAPA Athletics Chair. The Spreadsheet with Student ID numbers can be requested from the GAPA Athletics Chair.

Additional Varsity Team Discretionary Expenses (up to \$75 total per player)

Based on a team's historical tradition, additional expenses may include the following and should be requested directly from parents/players:

- Up to \$40 per player for team snacks - See "Team Snacks" below.
- Up to \$20 per team member for Senior Day (including decorations and gift) - See "Senior Day" below.
- Up to \$15 for Roster Cards - See "Roster Cards" below.
- No other player gifts or team gear may be reimbursed or requested.

Team Gear - US Programs

- Athletic apparel is ordered seasonally through the athletic office to demonstrate team spirit. All apparel must be approved, ordered, and billed through the Athletic Office. Apparel should not exceed \$75 and should not be underwritten or donated.
- Teams that earn a New England or National Championship may order additional apparel, but that, too, must be approved, ordered, and billed through the Athletic Office.
- Team Gear should not be confused with seasonal Flash Stores, where girls and their families can order team-specific and other spirit gear directly. Flash stores are open seasonally for a limited time, and purchases are optional for families.
- No other team gear should be purchased, provided, or required of any player.

Team Snacks

Team captains and/or parents can organize team snacks as best suits the individual team, but this often involves putting together a roster for the season where one family is responsible for providing the snacks for each game. This normally means that each family will only provide snacks once per season and for big teams, the roster can have 2 or more families responsible for a game.

Senior Day

This is organized by the juniors for the seniors in their team and involves putting together posters, decorations and small gifts of nominal value for the seniors to recognize their commitment to the team. The gifts are tokens of appreciation and should not exceed \$50 per senior, which may be charged directly to team players/parents (excluding the seniors of course).

Coaches Gifts

Organized by the team captains and their parents, families should be asked in advance for voluntary donations. Money collected can be split between the head and assistant coaches

and/or gifts purchased once you know the total amount donated. Team Captains may not request non-voluntary contributions or set dollar amounts.

Roster Cards

Not all teams create roster cards with team player names/numbers and parent names. Laminating can be done at a local printing store and lanyards can be ordered from Amazon. A total amount up to \$15 may be recharged directly to families.

Food for Away Games

Food is sometimes arranged in advance for away games and individual families are asked to contribute by cash/Venmo/Zelle. If the bus stops at a service station, team players are normally asked to buy their own food. Occasionally, food will be provided by the school for varsity teams on long journeys.

Overnight Trips: Hotel Accommodation, Transportation, and Food

If a trip requires an overnight stay, families will be emailed ahead of time with details of the trip and the costs involved. Charges for overnight trips will be charged to student accounts by the GA Athletics Department directly.

Optional Team Apparel - Flash Store

Team Gear should not be confused with seasonal Flash Stores, where girls and their families can order team-specific and other spirit gear directly. Flash stores are open seasonally for a limited time, and purchases are optional for families.

Transportation

GA provides transportation to and from athletic events and most practices. Juniors and seniors are allowed to drive with permission from their coach and parent/guardian. At all times, Connecticut/New York laws must be followed with regard to having passengers in cars as well as driving at the appropriate time.

Student-athletes can travel home with a parent or guardian after an away contest. Communication with the coach is necessary so that all girls are accounted for.

Student-athletes may travel home to an away contest with someone other than their family if parental permission is granted via a note or email prior to the contest.

Procedures

Composition of Teams

As found in athletic philosophy, all GA students have the opportunity to compete on a team regardless of their experience or skill level. As student-athletes mature through the GA program, the emphasis changes from participation to performance, as reflected in team selection, size, and playing time.

Team Selection

Tryouts may last between 3 to 5 days. Athletes who are ill or injured will be given the opportunity to try out when healthy, provided the athletes have communicated in advance with the coach.

Team Definitions

Varsity: most competitive level, focused on performance, development and representing the school at the highest level. There is not an expectation of equitable playing time.

JV: serves as a feeder and development program, preparing athletes for varsity play.

Thirds (where applicable): recreational level, ideal for students newer to the sport, or looking to participate without pressure.

Middle School: focuses on skill-building, participation and teamwork, with the expectation that playing time is mostly equitable across the board.

- Gators - the most skilled team at the MS level
- Gold, Green (where applicable) - evenly matched
- Silver (where applicable) - lowest ranked MS team
- The delineation of teams is helpful to have a schedule that matches the talent. Regardless there may be a wider range of skill and experience, which provides valuable learning opportunities for all players.

Overall, we expect players to compete with integrity and respect. When games become unbalanced, coaches are asked to manage appropriately – rotate players, setting score caps, focus on execution rather than running up stats. Reinforce positive behavior on and off areas of competition.

***Attendance at all levels for practices and games is expected. Students should speak with coaches well in advance if there is a scheduled conflict.

Tryouts

Tryouts are designed to allow coaches to determine skill level, tactical knowledge, fitness, positional possibilities, coachability, and other intangibles. Skill and fitness testing, drills, and game play are evaluated throughout the tryout, with all coaches providing input to the head varsity coach who oversees the process. Decisions are then reviewed with the Director of Athletics & Physical Education via email before teams are announced.

Playing Time

There is no guarantee of playing time at the varsity level. At the sub-varsity levels, all players are guaranteed playing time; however, it is important to understand that “fair is not always equal.” Playing time decisions are influenced by a variety of factors, with the greatest impact coming from a player’s effort, including consistent physical and mental effort at practice,

punctuality, preparedness, and attentiveness. Additionally, on all of the upper school teams, a player's skill and ability will also be considered when determining playing time opportunities.

Practice Time

Middle School

Practices are 75 minutes long, four days a week. On Monday, Tuesday, and Thursday, practices are held from 2:05 to 3:20 PM and on Fridays from 1:05 to 2:15 PM. Typically, there are no more than two contests per week.

Upper School

Once at the practice facility, practices will last no longer than 2 hours, and the start time depends on the end of the academic day.

Students must arrive at school before 10:30 AM to participate. Students who are in attendance at school are expected to attend practice. Any planned absence should be discussed with the coach in advance.

Upper School teams, especially at the varsity level, may practice on non-school days. This will be announced in advance by the coaches and be approved by the Director of Athletics in conjunction with the Athletic Trainer(s). In the event student-athletes have a conflict, they should communicate directly with their coach.

Uniforms

Depending upon the sport, uniforms may be provided by the School or purchased by the student-athlete. Uniforms provided by the school must be returned upon the conclusion of each season. Failure to do so will result in a fee charged to the student-athlete. Be mindful that replacing one uniform is costly due to the lack of volume when purchasing. Sports that require student-athletes to purchase a uniform include cross country/track & field, swimming & diving, squash, crew, golf, sailing, water polo and tennis.

Health and Safety

Greenwich Academy has a full-time and part-time athletic trainer (ATC)—each is certified by the National Athletic Trainers Association. The athletic trainer, consistent with other member schools in the NEPSAC and FAA, is responsible for concussion management, which includes facilitating the ImPACT test, communicating the school's return to play protocol with families, and working in coordination with appropriate division heads, advisors, deans/team leaders, nurses, and learning specialists for a concussed student. Along with all coaches, the ATC follows the school's lightning policy and heat and cold guidelines that are shared with the FAA. Finally, the ATC manages, treats, and helps our student-athletes rehabilitate from injuries.

Please note that any student seen by a physician will need to provide a letter of clearance from that physician before the student is allowed to return to play. In case of a concussion or more severe injury, the student may begin the return-to-play protocol. Seek more information with the GA athletic trainer if such an injury occurs.

Honors and Awards

Upper School teams celebrate several individual awards. Those that are specific to teams and those that honor multi-season athletes will be presented at the seasonal sports celebration. Those awards that celebrate an individual's body of work will be presented at the appropriate all school honors assembly.

Season Celebrations

At the conclusion of each athletic season, all Upper School teams are expected to attend their seasonal celebration. All teams are celebrated with sport/team-specific awards being honored. All celebrations are at 5:00 PM in the Dining Commons, and pizza and drinks are served to student-athletes. The program usually lasts 45-60 minutes, depending upon the number of teams that season.

Dates for the 2026-2027 School Year

Fall: November 23 at 5:15 in Dining Commons

Winter: March 1 at 5:30 in Dining Commons

Spring: May 24 at 4:00 in Dining Commons

Athletic Awards

Body of Work Awards

- Susan B. Smart Award - To the girl who attains the highest record in the widest range of activities. In addition, it calls for the finest qualities of sportsmanship and enthusiasm for all activities, a spirit of cooperation, the ability to take criticism, and exceptional loyalty to the school and the team she represents.
- Rose Herbert Award - To the girl in the Upper School whose love of sports and loyalty to the ideals of the school promotes those standards in physical education so cherished by Rose Herbert.
- Athletic Department Award - To the girl whose contributions have strengthened the Greenwich Academy athletic program. This award is not always given.
- Mildred Boyd Schoeller Award - For consistent, enthusiastic effort in all activities throughout the entire year, resulting in marked technical improvement.
- Alan Gilchrist Award - This award was given to the school in memory of Alan Gilchrist, an ardent supporter of GA teams/girls for devotion and enthusiasm in sports.
- FAA Scholar Athlete - This Award is given to senior student-athletes who display excellence and superior achievement in both athletics and academics. The student-athlete must have achieved a GPA of 91% or better and must have placed in the top 20% of their junior and senior class. The student-athlete must also have participated in two Varsity sports during his/her senior year and at least one during junior year. He/She must have been awarded an FAA All-League designation during senior year or the spring of junior year.
- Blanket Award - This award will be given to student-athletes who have earned at least six varsity letters in their career at GA.

Shared Sports Awards

- Stauffer-Ix Award - To the student who displays good sportsmanship while playing outstanding defense in Field Hockey and/or Lacrosse.
- Veno Webb Award - To the girl who best exemplifies those qualities of "sportsmanship", loyalty, and spirit in Field Hockey and/or Lacrosse.

Varsity Sports Awards

Most Improved - Each sport honors a student-athlete who has demonstrated improvement in both skill level and coachability over the course of the season. In some instances, this award has a deed other than the above.

Basketball

Ross Cup - To the girl of either junior or senior group standing who possesses outstanding athletic ability and good sportsmanship in basketball.

Crew

Golden Oar - To the girl who demonstrates overall team leadership with everyday commitment, dedication, and enthusiasm to work hard and go fast.

Cross Country

Cedarwood Award - To the girl who did the most for the Cross Country Team.

Meiklejohn Award - Presented annually to the most improved Cross Country team member in memory of beloved coach Elizabeth Meiklejohn. Her passion for running and coaching was unique and an inspiration to all. "Meikle" will forever be remembered for her steadfast dedication, enthusiasm, and commitment to the team.

Field Hockey

Carole Kenyon Award - To the girl who, while playing excellent field hockey, shows tremendous enthusiasm and love of the sport.

Golf

Golf Award - Presented annually to the most valuable player on the GA Golf Team.

Ice Hockey

Edward F. Maloney Award - For excellence of performance, team spirit, and sportsmanship in Varsity Ice Hockey at Greenwich Academy.

Lacrosse

Wyman Award - To the girl who best exemplifies the skill and the spirit of the game of lacrosse.

Laurie H. Downs Award - Awarded annually to the most improved player on the Varsity A, Varsity B and JV lacrosse programs.

Sailing

Captain Harbor Trophy - Presented annually to the sailor whose performance has contributed the most to the success of the Varsity Sailing Team. She will have distinguished herself by accumulating the best racing record in both fleet and team racing.

Lovelace Trophy - Presented by Donald and Linda Lovelace to be awarded annually to the skipper and/or crew who has improved the most.

Skiing

Skiing award - Presented annually to the skier who contributes to the team's success on and off the slopes.

Soccer

Golden Boot Award - To the girl who, while playing excellent soccer, shows tremendous enthusiasm, team spirit, and love for the sport and her team.

Swimming & Diving

Swimming and/or Diving Award - Presented annually to the swimmer and/or diver whose contributions, both in and out of the pool, had the most positive impact on the team.

Tennis

Yale Bowl - To the girl whose interest, leadership, and love of the game have made an outstanding contribution to the tennis team.

Track & Field

Devan K. Fitzpatrick Award - Presented annually to the track and field athlete who has excelled in her events and demonstrates team spirit and love of the sport.

Volleyball

Decederfelt Award - This award is given to the girl who, while playing excellent volleyball, shows tremendous enthusiasm, team spirit, and love for the sport and her team.

Water Polo

Water Polo Award - This award was given to the girl who played the most outstanding water polo throughout the season.

FAA Awards

For some sports, the FAA coaches vote (coaches may not vote for their own player) to determine who will be First-Team and Second-Team All-League at the conclusion of each season. The number in each group is dependent upon the number of starters in that sport. For example, basketball will have 5 First-Team and 5 Second-Team All-League players. For individual sports (cross country, golf, squash, swimming, tennis, and track and field), team

placement and/or individual finish will determine All-League status. In each sport, coaches may select one student-athlete to receive Honorable Mention.

Sub-Varsity Awards

At each season's conclusion, each team will present a Gator Award and a Most Improved Award. The Gator Award is presented to the girl whose physical, intellectual, and emotional contributions create an atmosphere where the team has the best chance for success.

Captains

Electing Captains

Varsity team captains are leaders of their respective teams within the GA Athletic Program as well as representatives of the school in the outside community. This earned position is an honor that carries significant responsibility.

- The number of captains elected should be proportional to the number of athletes on the team. There is no set number for any team, which may vary yearly.
- Captains will be voted on using the Greenwich Academy captains' ballot form, not selected by the coach
- A coach cannot alter the vote
- Being elected captain does not have a bearing on team placement the following year but will allow for a leadership position on that team
- Announcements of captains should be made via email

Roles of Families of Varsity Captains

- Be on call to answer any questions, especially for new families
- Coordinate with GAPA Athletic Representative to reimburse seasonal expenses at no more than \$150/family
 - This may be roster cards, food for travel to away contests, locker room/game day snacks, senior day, etc
 - Please refer back to team dinners – each team is allowed up to 3 team dinners reimbursement at \$25/head. Note that any cost above that will not be reimbursed and will be up to hosting families to cover
 - As a reminder, please think of the school as a host site
- Please be prepared to help coordinate with coaches for overnight trips, whether making a dinner reservation for the team or making an emergency run to the grocery store to allow coaches to focus their efforts on the team.
- Coordinate with junior families to help organize senior day.

Preseason/Spring Break

Preseason

This occurs for all fall sports and begins on a Monday, two weeks before the start of school. The first week consists of single training sessions, and the second week may have both morning and afternoon sessions. A schedule is available on the school website. While it is not a requirement, the benefit of this training cannot be understated and is strongly encouraged. This is especially true for those who wish to be considered for varsity teams.

Spring Break

Similar to fall preseason, there is not a requirement to attend spring break trips. Due to the unpredictability of the weather in March, teams may travel south to allow for outdoor training. Like the fall preseason, the time spent training and competing is invaluable. Planning and registration for the trips will occur in September and require a non-refundable deposit. The trip cost is billed to each family through their student account. An initial NON-REFUNDABLE deposit is charged once a student has turned in a permission slip—an estimated trip cost is given at that time. The balance of the trip is charged upon return to campus.

We can't wait for an incredible 2026–2027 school year ahead...GO Gators!