



St. Stephen's

EPISCOPAL SCHOOL

July 23, 2026

Dear Middle School Students and Families,

I hope you are having a wonderful summer and are beginning to get excited about returning to The Hill!

As we prepare for the 2026-27 school year, I want to welcome both our returning families and those who are new to St. Stephen's Middle School Athletics and Physical Education. We are excited for another year of opportunities for students to compete, learn, grow and build connections with their classmates.

At St. Stephen's, we believe every student has a place. Whether a student competes on an athletic team, participates in Physical Education or joins one of our Academy programs, every student has an opportunity to be active, develop confidence, build healthy habits and be part of something bigger than themselves.

Our Middle School program is designed around three pathways during 8th period, the final period of the school day:

- Athletics
- Physical Education
- Academy Programs

Each term, students participate in one of these areas to earn their PE/Athletics credit. To help families navigate our programs throughout the year, we have created a [Middle School Athletics & Physical Education Hub](#) and a [Middle School Athletics Family Guide](#). These resources include athletic offerings, season information, expectations, important links and frequently asked questions.

Families are encouraged to review both before the start of the school year:

- [Middle School Athletics & Physical Education Hub](#)
- [Middle School Athletics Family Guide](#)

Fall Preseason Camp

We are excited to begin our fall season with preseason camp August 17-20 (4 days) for the following fall sports:

1:30 - 2:45 p.m. | Tackle Football

3:00 - 4:15 p.m. | Cross Country, Field Hockey, 6th Grade Flag Football, Girls Volleyball, Boys Volleyball

Fall preseason is an opportunity for students to meet coaches, reconnect with teammates, begin preparing for the season and learn more about each program. There is no registration or sign-up required.

On the first day of preseason, Monday, August 17, all student-athletes should report to Clayton Gym by 2:45 p.m. Coaches will meet students there and dismiss each group to their practice locations.

Tackle Football families should be on the lookout for additional communication directly from the football coaching staff.

IMPORTANT: As we move into the school year, MySSES Team Pages will remain the primary source of communication for schedules, announcements, rosters, and team information. Please take a moment to update your notification settings so you receive important updates from me and our coaching staff. Instructions are available on our Middle School Athletics & PE Hub.

We are looking forward to welcoming everyone back and continuing to build a Middle School Athletics program centered on teamwork, commitment, inclusion and Spartan Pride. Please do not hesitate to reach out with any questions.

Dustin Armstrong

Middle School Athletic Director | Middle School DEI Coordinator | Girls Basketball Program Director | Head Coach Varsity Girls Basketball