



2010 UPPER SCHOOL PRESEASON Starts Monday August 16, 2010

Preseason practices are geared toward physical conditioning, skill development, and tactical and game strategy.

All US students who plan to play a fall sport are REQUIRED to attend preseason. If you cannot attend, it is your responsibility to contact the coach.

REMINDERS AND INFORMATION

****ALL PLAYERS MUST SUBMIT THEIR MEDICAL, PHYSICAL, AND ATHLETIC PARTICIPATION FORMS BEFORE THEY ARE ALLOWED TO PARTICIPATE. ALL FORMS CAN BE FOUND ON THE NYA WEBSITE****

- Please refer to the NYA website for practice times and locations
- Please park at the ice arena
- Locker room facilities will not be open until the first day of school (September 7).
- MS Sports begin on Tuesday, September 7.
- **US Player/Parent Meeting, Wednesday, August 25, 7:00-8:30 p.m. NYA Gym**
This is mandatory for all student athletes participating in fall athletics. One parent/guardian per student should be present at the meeting.

EQUIPMENT LIST

Boys Soccer: Practice gear, cleats, running shoes, water bottle, colored mouth guard, your OWN soccer ball, and shin guards*

Girls Soccer: dressed for practice—soccer socks, shin pads, shorts, and cleats; plenty of water or sports drink; and an energy bar or granola bar.

***Shin guards *must* be stamped or labeled with the NOCSAE logo.**

Field Hockey: Practice gear, cleats, running shoes, water bottle, colored mouth guard, shin guards, stick, and goggles. (Goggles must have the ASTM F803-03 stamp)

Golf: Practice gear, golf clubs, practice balls, and water bottle.

Girls Volleyball: shorts, T-shirt (no tanks), ankle or knee socks, ankle braces for both ankles (can be purchased at any local sports equipment store), volleyball shoes (or court shoes-- NOT running shoes), water bottle, black knee pads.

Boys and Girls Cross Country: Practice gear, running shoes, digital watch, snack and water bottle.