

2019-2020 Fall Sports and Electives Information

All students must select a sport OR elective for our Fall Sports and Electives Trimester. The Trimester begins Thursday, September 5th and will run through Friday, October 25th.

ATHLETICS:

Athletics at Sandy Spring Friends School are an integral part of the educational experience. All students are encouraged to participate in the athletic program at the level most appropriate to them. Our mission is to provide student athletes with the opportunity to electively represent the school and compete interscholastically in a variety of sports. It is our hope that all student athletes who move on from the Middle School will possess the following characteristics: great sports conduct, integrity, self-sacrifice, loyalty, communication skills, and a strong work ethic. Athletics provide a supportive atmosphere in which coaches challenge the intellectual and physical abilities of our student-athletes. It is our hope that the experience of playing Middle School sports is one in which students have fun and build their own self-esteem in a positive, nurturing environment. The goal for the Middle School program is to provide team opportunities for students at a level appropriate for their ability, knowledge, and experience of the game. While there are no "cuts," teams will be determined by age and ability. Playing time is determined by a combination of skill, skill improvement, attitude, and attendance. If students meet the requirements of attitude and attendance, they are guaranteed to play in every regular season game in which they dress. During playoffs, playing time is more competitive and dependent on skill. Sandy Spring Friends School is a member of the Potomac Valley Athletic Conference (PVAC), except for Lacrosse, who play an independent schedule due to lack of PVAC members with teams.

Based on participation levels, the teams may be comprised in one of the different ways listed below:

Conventional Breakdown: If a team is the correct size for a given sport, the coach may elect to include everyone in each game and practice. This changes in the postseason where playing time is based solely on skill and ability.

Core and rotating group: If a team is large, the Athletic Department may elect to develop one core team with the more experienced players and two or more different groups of developing players. The entire team would practice together. However, the core team and only one of the rotating groups would travel to a given game. The groups would alternate so that each rotating group attends the same number of games, if possible.

Green and Gold Teams: If a team is large, the Athletic Department may elect to institute a green team made up of more experienced players and a gold team made up of developing players. The green team plays in a competitive league with other schools. The gold team practices separately, but on occasion, together with the green team. They also have their own game schedule, shorter in length, against other schools comparable in age and ability. The gold team is more of a developmental team aimed to give beginner players the experience necessary to play competitively the following year.

The fall sports season begins on **Thursday, September 5th and will run through Friday, October 25th**. Practices are held on Mondays, Tuesdays, Thursdays and Fridays 3:10-4:10pm. Students who are not picked up by 4:20pm will automatically be signed-in to aftercare. The time for away games/meets

will vary. Schedules will be posted as soon as they become available. Start times for Games/Meets may be later than the typical MS sports time and occasionally fall on Wednesdays (early release day).

Middle School Sports Information Sessions will be held on Tuesday, September 3, 2019 (3:00 – 4:00pm) and Thursday, September 5, 2019 from 4:15 - 5:15pm) in the Athletic Center Multipurpose Room. These information sessions will be for families of all middle school students who are registered for, or are considering a sport during the 2019-2020 school year. Covered during the information sessions will be topics such as the Middle School Athletics philosophy, schedule information, team attendance policies, athletic training and more.

Coed Cross Country

- **Equipment Needed (Not provided by SSFS):** Running shoes, water bottle, watch with stopwatch feature
- **Uniform:** Jersey (\$0 - Collected), Shorts (\$0 - Collected), Optional Team Shirt (Approx. \$25.00)
- **Practices:** Monday, Tuesday, Thursday, Friday 3:10-4:10pm
- **Misc. Information:** There are approximately 6-8 meets throughout the season (can be held on Wednesdays), including PVAC Championships. The team will travel to and from away meets on a bus.

Girls' Volleyball

- **Equipment Needed (Not provided by SSFS):** Black shorts, sneakers, knee pads
- **Uniform:** Jersey (\$0 - Collected) Optional Team Shirt (Approx. \$25.00)
- **Practices:** Monday, Tuesday, Thursday, Friday 3:10-4:10pm
- **Misc. Information:** The team will compete in approximately 8 regular season matches (home or away), plus PVAC playoffs at the end of the season. Matches will be a later start than MS practices time and may fall on Wednesdays. The team will travel to and from away matches on a bus.

Girls' Soccer

- **Equipment Needed (Not provided by SSFS):** Cleats, shin guards
- **Uniform:** Jersey (\$0 – Collected), Shorts (\$0 - Collected), Socks (\$5.00), Optional Team Shirt (Approx. \$25.00)
- **Practices:** Monday, Tuesday, Thursday, Friday 3:10-4:10pm
- **Misc. Information:** The team will compete in approximately 8 regular season games (home or away), plus PVAC playoffs at the end of the season. Games will be a later start than MS practices time and may fall on Wednesdays. The team will travel to and from away games as a team on a bus.

Boys' Soccer

- **Equipment Needed (Not provided by SSFS):** Cleats, shin guards
- **Uniform:** Jersey (\$0 – Collected), Shorts (\$0 - Collected), Socks (\$5.00), Optional Team Shirt (Approx. \$25.00)
- **Practices:** Monday, Tuesday, Thursday, Friday 3:10-4:10pm
- **Misc. Information:** The team will compete in approximately 8 regular season games (home or away), plus PVAC playoffs at the end of the season. Games will be a later start than MS practices time and may fall on Wednesdays. The team will travel to and from away games as a team on a bus.

ELECTIVES:

Electives allow students to engage and explore a variety of areas outside the normal academic day. Fall electives begin on **Thursday, September 5th and will run through Friday, October 25th**. In general, electives meet from 3:10-3:40. Students not picked up by 3:50pm will automatically be signed into aftercare. Please see the individual descriptions for more information.

Outdoor Games

Students will have a chance to participate and explore a variety of outdoor games. This elective will meet Tuesdays and Fridays. On Mondays and Thursdays students will be assigned to a tutorial.

Tutorial

Students will participate in a supervised study hall. This elective will meet Mondays, Tuesdays, Thursdays and Fridays.

Robotics Team

Join the team! We will concentrate our activities on competing in the First Lego League robotics competition. This competition involves performing automated tasks on a field with Lego objects that need to be manipulated. We will build the robots and program them to perform the needed tasks. **This elective will meet from 3:10 - 4:10pm on Tuesdays and Fridays.** On Mondays and Thursdays students will be assigned to a tutorial.

Note: This is a team that requires students to be enrolled in **both the Fall and Winter sport/elective trimesters** to be ready to attend the competition which will occur during the Winter season. For more information, visit their website at <http://www.firstinspires.org/robotics/fll>.