

**Rye Country Day School
General Athletic & Physical Education Information**

June 2010

Dear Parents:

As an independent college preparatory school, Rye Country Day School considers the Athletic and Physical Education programs to be an important and necessary part of the all-around development of every student. Students in grade 7 through grade 12 are required to take Physical Education or participate in an interscholastic sport. We hope the information enclosed helps you plan for the fall season and answers questions about the preseason schedules.

7th & 8th Grade Sports and Physical Education

Middle School Athletics & Physical Education will begin on the first day of school when 7th & 8th grade students will choose their activity. Practice and class occur daily from 2:00-3:10pm. The following sports and classes are offered during the fall season:
Sports - Football, Boys' and Girls' Soccer, Field Hockey, Girls' Tennis, Cross Country.
PE classes - Dance, Cross Training (includes sport games, yoga, fitness training).

Attire:

Students are required to wear RCDS shorts, t-shirt, sweatpants and sweatshirt. Students may also be asked to provide personal equipment for participation (i.e., sneakers, cleats, gloves, stick, shin guards, etc.).

Medical Form:

All students participating on an interscholastic team in grades 7-12 must have their Medical Form completed and on file in the Nurse's office by **August 1, 2010**.

Inclement Weather:

On days of inclement weather, please visit our website at www.ryecountryday.org and click on the Athletic Calendar or call the RCDS hot line number (914)925-4639 to confirm the status of the interscholastic athletic contest. We strive to make decisions on cancellations and postponements between 11:00am-1:30pm.

Required Physical Education and Team Practice Clothing

Blue, Gray or White RCDS t-shirt
Blue, White or Gray RCDS Athletic Shorts
Blue or Gray RCDS Sweatshirt & RCDS Sweatpants

All clothing worn during practice must have the RCDS Logo. Clothing must be ordered and purchased at Lester's, in downtown Rye or online at www.rhedhouse.com/rcds.

Upper School Sports and Physical Education

Upper School Athletics: Attendance at preseason practices beginning on Monday, August 23rd is mandatory for any student wanting to be considered for varsity or wanting to return as a varsity player. All players, including those on the JV level, are encouraged to attend preseason practices. This preseason practice time gives teams a great edge and athletes increased opportunity for individual progress and skill development. Physical education classes will begin with the start of academic classes.

- RCDS follows NY State heat guidelines, which require constant monitoring of the temperature of the practice environment. Please be aware that the weather may cause practice times to be altered unexpectedly.

Senior Athlete Dinner Workshop on Monday, August 23rd at 5:30pm.

Attendance requested for all seniors athletes and required for all seniors athletes who play a fall sport.

Impact Concussion Assessment program: Please read the ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) letter which explains the program and how student athletes at Rye Country Day School benefit from this program. All RCDS student athletes in grades 9-12 will participate unless the OPT out form is signed and returned to Steve Norman, RCDS Head Athletic Trainer August 23rd.

Attire and student charges:

Students who play on **interscholastic teams or participate in physical education** are required to wear RCDS shorts and t-shirts. All clothing worn during practice must have the RCDS Logo. Sport specific clothing (i.e. t-shirts, shorts, etc.) will also be available to individual teams. These items are handed out by the coach and charged to the student's account after parental approval to purchase such items. Extra RCDS practice clothing can also be ordered and purchased at Lester's, in downtown Rye or on line at www.rhedhouse.com/rcds. Other charges could include overnight trips, hotel accommodations, and meals. Students may also be asked to provide certain personal equipment for participation in sports. The extra expenses associated with athletic team participation vary by sport. An estimate of these extra expenses that are not covered by the school, such as goggles, sliding pants, sticks, gloves, shorts, t-shirts, sweatpants, etc. is approximately \$140 per season.

All students electing to take **Physical Education** will be required to wear RCDS shorts, t-shirt, sweatshirt/sweatpants while participating in class. Physical education clothing must be ordered and purchased at Lester's, in downtown Rye or online at www.rhedhouse.com/rcds.

Medical Form:

All students participating on an interscholastic team in grades 7-12 must have their Medical Form completed and on file in the Nurse's office by **August 1, 2010**.

Website:

For regular season schedules, please visit the RCDS website at www.ryecountryday.org and click on the Athletic Calendar. The Athletic page of the website is updated as schedule changes and additions occur.

Athletic Trainer:

Head Athletic Trainer, Steve Norman and Assistant Athletic Trainer, Becky Gorthy are N.A.T.A. Certified Athletic Trainers who will be available for all Rye Country Day School student athletes beginning August 23rd.

Contact:

Athletic Director

Wendy Jo Haft

Office (914)925-4539

Email: wendy_haft@ryecountryday.org

Have a wonderful summer!

Sincerely,

Wendy Jo Haft
Athletic Director

Lunch will be served between practice sessions from August 23-31 for all student-athletes attending preseason

All student athletes are dismissed following the morning practice session.

The NY State heat guidelines recommend three hours between practice sessions. We encourage students to stay on campus between practice sessions. In addition to lunch, we will provide a cool place for students to rest during the break. If you would like your child to remain on campus during the break under our supervision please sign and return this form to Wendy Haft, RCDS, Cedar Street, Rye, NY 10580.

**My son/daughter _____ in grade _____ will
remain on campus between preseason practice sessions from August 23-31.**

**I can be reached at _____ during the day.
Phone number**

Parent name: _____

Signature: _____

2010 Fall Sports Preseason Schedule & Contact Information

Please feel free to contact any of the head varsity coaches listed below if you have any questions regarding preseason practices and/or schedules.

Lunch will be served between practice sessions from August 23-31 for all student-athletes attending preseason

Football: John Calandros

Work Phone: 914-925-4647

Email: john_calandros@ryecountryday.org

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
23 9:00-12:00 (9-12) 3:00-5:00 (10-12)	24 9:00-12:00 (9-12) 3:00-5:00 (10-12)	25 9:00-12:00 (9-12) 3:00-5:00 (10-12)	26 9:00-12:00 (9-12) 3:00-5:00 (10-12)	27 9:00-12:00 (9-12) 3:00-5:00 (10-12)	28 9:00-12:00 (9-12)
30 9:00-12:00 (9-12) 3:00-5:00 (10-12)	31 9:00-12:00 (9-12) 3:00-5:00 (10-12)	1 10:00-12:00(10-12) 3:00-6:00 (9-12)	2 10:00-12:00(10-12) 3:00-6:00 (9-12)	3 2:00-5:00 (grades 10-12)	4 Varsity Scrimmage

Girls Tennis: Gary Solem

Phone : 917-513-6785

Email: gary_solem@ryecountryday.org

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
22	23 9:00-12:00 12:00-3:00	24 9:00-12:00 12:00-3:00	25 9:00-12:00 12:00-3:00	26 9:00-12:00 12:00-3:00	27 9:00-12:00 12:00-3:00	28
29	30 9:00-12:00 12:00-3:00	31 9:00-12:00 12:00-3:00	1 2:30-4:30	2 3:00-5:00	3 1:00-3:00	4

Appropriate tennis attire "ALL WHITE"

Coed Cross Country: Ethan White

Phone: 203-984-2875

Email: ethan_white@ryecountryday.org

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
22	23 9:00-10:30	24 9:00-10:30	25 9:00-10:30	26 9:00-10:30	27 9:00-10:30	28
29	30 9:00-10:30	31 9:00-10:30	1 2:30-4:30	2 3:30-5:30	3 1:00-3:00	4

Field Hockey: Georgette Summers

Work: 914-925-4545

Cell: 203-858-5497 Home: 203-569-5722

Email: georgette_summers@ryecountryday.org

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
22	23 8:00-11:00 2:00-4:00	24 10:00-1:00 4:00-6:00	25 8:00-11:00 2:00-4:00	26 10:00-1:00 4:00-6:00	27 8:00-11:00 2:00-4:00	28
29	30 8:00-11:00 2:00-4:00	31 10:00-1:00 4:00-6:00	1 2:00-4:30	2 3:30-5:30	3 Scrimmage	4

Girls Soccer: Dick Pike

914-939-6128

Email: dick_pike@ryecountryday.org

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
22	23 10:00-12:00 3:00-5:00	24 8:00-11:00 2:00-4:00	25 10:00-1:00 4:00-6:00	26 8:00-11:00 2:00-4:00	27 10:00-1:00 4:00-6:00	28
29	30 10:00-1:00 4:00-6:00	31 8:00-11:00 2:00-4:00	1 2:00-4:30	2 Scrimmage Away	3 1:00-3:00	4

Boys Soccer: Cristiano Pereira

Phone: 203-449-6755

Email: pereira_cristiano@hotmail.com

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
22	23 9:00-11:00 2:00-4:00	24 9:00-11:00 2:00-4:00	25 9:00-11:00 2:00-4:00	26 9:00-11:00 2:00-4:00	27 9:00-11:00 2:00-4:00	28
29	30 9:00-11:00 2:00-4:00	31 9:00-11:00 2:00-4:00	1 2:00-4:00	2 Varsity & JV scrimmage	3 1:00-3:00	4