

Princeton Day School Athletics

2022-2023

Important Information for Upper School Fall Athletics

The Upper School fall sports season is scheduled to officially begin on Monday, August 22. If a student is interested in playing a fall sport, he or she must be rostered on that team by notifying Upper School Scheduler Steve Gadd, at sgadd@pds.org. Upper School coaches will then reach out to rostered athletes in July to inform them of specific team opportunities to prepare for the upcoming season.

Fall athletes must have submitted all required health and athletics-related forms via the Magnus Health system no later than Monday August 15 in order to begin preseason sessions on August 22. Magnus is accessed by families through the [PDS Parent Portal](#).

Upper School sports are very competitive, and training throughout the summer is encouraged for all athletes to prepare for the start of the season on August 22.

Coaches will reach out to inform their athletes directly about specific team practice schedules for the weeks leading up to the beginning of the school year. Once classes begin on September 7, general practice time will be from 4:00-6:00pm.

All athletes and their families are strongly encouraged to read the [2022-23 PDS Athletics Handbook](#) for philosophies between levels, team selection process, and guidelines regarding roles of players, coaches and parents. The Handbook is updated each summer.

Games and matches are listed in [PDS Athletics](#) on pds.org and parents are encouraged to check this site frequently.

Important Fall Dates

US Fall Season, 8/22/22-11/13/22

Fall Weekend 10/1/22

2022-2023 Upper School Athletics Programs

Fall

- Girls: Cross Country; Field Hockey; Tennis; Soccer; Volleyball
- Boys: Cross Country; Soccer

Winter

- Girls: Basketball; Ice Hockey; Fencing; Squash
- Boys: Basketball; Ice Hockey; Fencing; Squash

Spring

- Girls: Lacrosse; Softball; Skating (co-ed); Golf (co-ed); Track and Field (co-ed)
- Boys: Lacrosse; Baseball; Tennis; Skating (co-ed); Track and Field (co-ed)

Required Athletics/Health Forms for Upper School

Princeton Day School uses the Magnus Health system for all health-related requirements, including athletics requirements. Magnus is accessed through the PDS Parent Portal.

IMPORTANT NOTE: All of the required athletic-related and health forms may be accessed directly within Magnus, where they will also be automatically customized for your child with a bar code and your child's name. In addition, you may check the status of your child's file in Magnus at any time.

Practices for Upper School fall athletics begin Monday, August 22, and all required health and athletics-related forms must be completed and submitted through Magnus by no later than August 15. Only PDS students with complete Magnus Health files submitted on time will be permitted to participate in PDS fall athletics.

In conjunction with NJ state law and PDS policy, the following is required:

- **Sport Health History Update must be completed by the parent/guardian before *each* athletic season, regardless of the student's last physical exam date.** So if your child plays a sport in the fall, winter and/or spring, the Sport Health History Update must be completed each season, up to three times per school year.
- **Updated annual physical** performed by a family/school doctor is required. Please be sure to include all four pages of the annual physical form and submit it through Magnus.
- **Sports Related Concussion and Head Injury Fact Sheet with parent/guardian acknowledgement** is required and must be submitted through Magnus.
- **Opioid Use and Misuse Education Fact Sheet with parent/guardian acknowledgement** is required and must be submitted through Magnus.
- **A Baseline IMPACT test needs to be completed once every two years.** Anyone who has not taken the IMPACT test within the past two years of any sports season, and all 9th and 11th graders, should take the at-home test this summer before participating in fall sports. See instructions.

If you have questions, please contact Head Athletic Trainer Henry Minarick at hminarick@pds.org

Important Information for Middle School Fall Athletics

Middle School students who plan to participate in fall athletics must have submitted all required health and athletics-related forms via the Magnus Health system no later than August 15. Magnus is accessed by families through the [PDS Parent Portal](#).

Our Middle School Program promotes participation, providing interested students an interscholastic sports program appropriate for sixth, seventh and eighth graders. Our goals are to teach fundamental skills and strategies, develop a sense of team and to foster responsibility and commitment.

Players will be separated onto Blue and White teams depending on participation numbers. The Blue team is for players of higher skill and experience level while the White team is a more developmental team. At times, there will be two White teams as numbers dictate. While students will have an opportunity to participate on an interscholastic team each season, there are certain sports in which we may have to limit numbers.

Coaches of all teams will give each player as much playing time as possible to help them develop. Playing time will be significant and meaningful, but will not be equal. Attendance, attitude and effort, as well as skill, will affect playing time.

All athletes and their families are strongly encouraged to read the PDS Athletics Parents Handbook for philosophies between levels, team selection process and guidelines regarding roles of players, coaches and parents. The Handbook is updated each summer.

Games and matches are listed in [PDS Athletics](#) on pds.org and parents are encouraged to check this site frequently.

2022-2023 Middle School Athletics Programs

Fall

- Girls: Cross Country; Field Hockey; Tennis; Soccer; Volleyball
- Boys: Cross Country;
- Soccer; Football

Winter

- Girls: Basketball; Ice Hockey; Fencing; Squash
- Boys: Basketball; Ice Hockey; Fencing; Squash

Spring

- Girls: Lacrosse; Softball; Skating; Track & Field
- Boys: Lacrosse; Baseball; Tennis; Skating; Track & Field

Important Fall Dates

MS Fall Season 9/7/22–11/11/22

MS Team Breakouts TBD

Required Athletics/Health Forms for Middle School

Princeton Day School uses the Magnus Health system for all health-related requirements, including athletics requirements. Magnus is accessed through the [PDS Parent Portal](#).

IMPORTANT NOTE: All of the required athletic-related and health forms may be accessed directly within Magnus, where they will also be automatically customized for your child with a bar code and your child's name. In addition, you may check the status of your child's file in Magnus at any time.

Please complete and upload all required items to Magnus by August 15. Only student-athletes with complete Magnus Health files will be permitted to participate.

In conjunction with NJ state law and PDS policy, the following is required:

- **Sport Health History Update must be completed by the parent/guardian before *each* athletic season, regardless of the student's last physical exam date.** So if your child plays a sport in the fall, winter and/or spring, the Sport Health History Update must be completed each season, up to three times per school year.
- **Updated annual physical** performed by a family/school doctor is required. Please be sure to include all four pages of the [annual physical form](#) and submit it through Magnus.
- **[Sports Related Concussion and Head Injury Fact Sheet](#) with parent/guardian acknowledgement** is required and must be submitted through Magnus.
 - **[Opioid Use and Misuse Education Fact Sheet](#) with parent/guardian acknowledgement**

is required and must be submitted through Magnus.

- **A Baseline IMPACT test needs to be completed once every two years.** Anyone who has not taken the IMPACT test within the past two years of any sports season, and all 9th and 11th graders, should take the at-home test this summer before participating in fall sports. See instructions.

If you have questions, please contact Head Athletic Trainer Henry Minarick at hminarick@pds.org.

Middle School Team Selections

Choosing the members of a team is the sole responsibility of the coaching staff.

Whenever possible, there will be a place for an interested student-athlete on a team that is appropriate for their skill level. Although we would like to have every player who tries out for a team earn a spot on the roster, this is, unfortunately, not always possible. At times, certain teams constrained by facilities will have to employ a roster limitation. All roster limitations are thoughtfully and carefully approached so that a positive resolution can be found for all.

Middle School Practice Schedule Features:

The schedule for the PDS Middle School Athletics Program aims to optimize the player experience, promote team development and enhance overall health and wellness for early adolescents.

Athletics practices or games will take place on cycle days 1, 2, 4, 5, 6.

Cycle Day 3 will be an athletics Rest Day on which parents may schedule children's appointments, pursue extracurriculars, attend to academic projects, etc. Games and practices will not take place on Day 3.

Cycle Day 7 will be an athletics Game/Scrimmage Day or Rest Day. Team practice will NOT take place on Day 7, but interscholastic or intrasquad games may be scheduled on Day 7.

Practices will generally occur from 2:30 to 3:45 p.m. on Days 1, 2, 4, 5, 6.

Middle School athletics for the 2022-23 school year will begin on Wednesday, September 7 during the school day. This will be an early dismissal day from athletics (3:20pm) as we will have an orientation that day.

Starting September 8, the teams will begin their normal practice schedule, ending at 3:45pm for the Fall season.

The **Inclement Weather Schedule** is activated when weather forces a change in the practice schedule. **On such days, we dismiss at the end of the school day, 3:20pm.** The Athletics Office will alert the MS Office and **parents will be notified by email by 1:00pm** or earlier in order to make pick-up arrangements on Inclement Weather Schedule days.

Please check [PDS Athletics](https://pds.org) on pds.org for your child's game schedule. Games and matches will be listed there, and the most up-to-date-changes will be found at this site. Parents and interested parties are encouraged to check frequently.

Parent/Guardian Role

PDS Athletics believes a partnership among parents, coaches and players provides a foundation for a successful athletic program and team experience. Parental support is crucial to the confidence, progress and performance of student-athletes. PDS Athletics asks parents to be enthusiastic and encouraging. Please support your children in doing their best and participating fully in their chosen sport or activity each season.

Let the coach be the coach. Regardless of your own athletic experience, please do not publicly question or criticize the coach, officials or teammates. It is crucial to the team's ethos and success that players develop a respect for their coach. Demonstrate good sportsmanship at all times.

Role of Coach

Parents should expect the following from PDS coaches:

- Scheduling of a meeting between the coaching staff and families of your team early in the season
- Creation of a communication email list that will allow the coaches to communicate frequently with you
- Expectation of personal responsibility, camaraderie with teammates, commitment to the team, a strong work ethic and good sportsmanship on and off the field for all players
- Assurance of the safety and welfare of all players
- Fostering a demanding but welcoming, competitive environment