

## **Fall Sports Information**

Upper School Fall Sports Tryout/Practice Information is listed below, including the start dates and practice times. Please note that the start dates are different for soccer and cross-country. All athletes trying out must have their physical form submitted before they may practice. The link to the form is here:

<https://heights.edu/athletics/athletic-participation-clearance-form/>

**Soccer** – Practice from 8-11am (Varsity and JV) and 1-3pm (Varsity Only) every weekday beginning on Monday, 8/16. Only athletes being considered for a spot on the Varsity team will be invited to attend the afternoon session. This invitation will be communicated by the coach on the first day of tryouts. Athletes should bring a lunch to eat between practices. Please note that all athletes should bring their own water bottles. A water fountain will be available for refilling, but communal water bottles will not be available.

**Cross Country** – Practice from 7:30-9am every weekday beginning on Monday, 8/23. Please note that all athletes should bring their own water bottles. A water fountain will be available for refilling, but communal water bottles will not be available. Any athlete interested in running cross-country that is not on the summer workout email list should email Mr. Lively at [dlively@heights.edu](mailto:dlively@heights.edu) to be added to the list.

**Middle School** - Fall sports tryouts will begin on the second day of school, Thursday, September 9th. Tryouts take place during the school day, during the PE period. Students will be issued PE uniforms on the first day of school, Wednesday, September 8<sup>th</sup>. All Lower School and Middle School students will receive two pairs of shorts and shirts.