

## **Fall Sports Information**

Upper School Fall Sports Tryout/Practice Information is listed below, including the start dates and practice times. 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 and 1-3pm every weekday beginning on Monday, 8/19. All students 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, 8/19. 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 Coach Burke at [brian8burke@gmail.com](mailto:brian8burke@gmail.com) to be added to the list.

All Middle School fall sports tryouts will begin on the second day of school, Thursday, September 5th. 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 4<sup>th</sup>. All Lower School and Middle School students will receive two pairs of shorts and shirts.