

THE COVENANT SCHOOL
ATHLETIC INFORMATION 2008-2009

2008-2009 INTERSCHOLASTIC ATHLETIC TEAMS

Fall Boys' Cross Country, Football, Soccer; **Girls'** Cross Country, Field Hockey, Tennis, Volleyball
Winter Boys' Basketball, Swimming, Wrestling; Indoor Track; **Girls'** Basketball, Swimming, Indoor Track
Spring Boys' Baseball, Golf, Lacrosse, Tennis; **Girls'** Golf, Lacrosse, Soccer, Softball

Fall Athletic Information

Boys' Cross Country – Varsity and JV (grades 7-12)

Boys' Football – Varsity (grades 9-12), JV (grades 9-10), and Middle School (grades 7-8)

Boys' Soccer – Varsity Tryouts (grades 8-12), JV Tryouts (grades 7-10)

Girls' Cross Country - Varsity and JV (grades 7-12)

Girls' Field Hockey – Varsity (grades 7-12; no tryouts); JV Field Hockey will not be offered in 2008 based on sign-up numbers.

Girls' Tennis – Varsity Tryouts (grades 8-12), JV (grades 7-10)

Girls' Volleyball – Varsity Tryouts (grades 8-12), JV tryouts (grades 7-10)

Tryouts will be held for certain Varsity and JV teams. If a student is on a Covenant team and plays on a team outside the school (SOCA, Express, YMCA, AAU, etc.), his/her first priority must be to all the Covenant practices and games.

Tryout Information

1. Come to tryouts already in shape! Make sure your shoes are broken-in (2 pairs of socks may be helpful).
2. Contact your coach if there is any conflict in attending every day of tryouts and pre-season practice.
3. Bring your own water to all practices that are held before school starts.
4. Bring appropriate equipment to practice: *soccer and field hockey* -- shin guards and cleats; *field hockey* – your stick; mouth guards (\$1) and **goggles** (\$50 - required beginning fall 2005), may be purchased from your coach; *volleyball* - kneepads may be purchased from your coach for \$13/ pair.

ATHLETIC PRE-PARTICIPATION PHYSICAL EXAMINATION

DUE JULY 31, 2008

FOOTBALL players will need a yearly physical exam – DUE JULY 22, 2008

A physical examination dated after May 1, 2008, is required for *every new* student and rising 7th, 9th, and 11th grade students interested in playing interscholastic sports at Covenant. An “Interim” form is sufficient for every rising 8th, 10th, and 12th grade student who is *not* new to athletics, but a physical examination is required if he/she has experienced one of the conditions listed on the form. Covenant physical and interim forms are available at the school or online at the Covenant website (see below)*. Please obtain our school physical form before going to the physician.

The Covenant School's insurance company requires that each student participating in a sport turn in an **Athletic Activities Release** statement. These release statements are included on the physical examination and interim forms. One signed statement will cover the entire school year, but it needs to be on file before tryouts or practices.

Every athlete must turn in a completed physical or Interim form depending on his or her grade every **year** *before* trying out or playing any sport! **These forms should be brought or mailed to the ATHLETIC OFFICE at The Covenant School, 175 Hickory Street, Charlottesville, VA 22902.** Please do not give these forms to your coach.

**All Physicals or Interims are due for ALL sports for ALL seasons by July 31, 2008
(note: football is due July 22, 2008).**

***COVENANT PHYSICAL FORMS ONLINE!**

Go to the Covenant website at www.covenantschool.org and click on *About Our School*, click on *Athletics*, and click on *Forms*.