

4 August 2009

To: BB&N Parents, Students, Faculty, and Staff
From: Rick Foresteire, Director of Athletics

Re: BB&N Knights Athletic Department Fall Information Letter

I hope you are enjoying a wonderful summer. I am writing in order to provide an outline of important Fall season Athletic Department information. The 2009 Fall Athletic Game Schedule will be posted on the BB&N web site and hard copies will be available in the BB&N Athletic Office by early next month.

Athletic News & Notes:

New! Fall Parent Athletic Information & Meet the Coaches Night will be held on September 10th, 6:30pm in the Athletic Center. All Parents grades 6-12 are strongly encouraged to attend!

Upper School Pre-participation Exams Policy, Aug. 31st (Mandatory for all Fall athletes grades 9-12): Basic safety tests conducted by the Athletic Training Staff in the Athletic Center, Football 9-10am, Field Hockey & Girls' Soccer 10-11am, X-country & Boys' Soccer 11am-12pm. All students planning to participate in Health & Fitness, Strength & Conditioning, or Instructional Tennis will be tested on Sept. 14th, 3:45-4:45pm. All **Middle School students** will be tested on Sept. 14th, 2:30-3:30pm.

All new students must complete IMPACT (Head Injury) testing prior to August 31st!

Please contact Kathy Gruning kathy_gruning@bbns.org or Chuck Richard chuck_richard@bbns.org for all details and testing procedures.

All players (9th graders included) who aspire to play at the Varsity, JV, and 3rd levels must tryout! (Varsity tryouts only are September 1st- 5th, JV & 3rd Team tryouts are September 9th- 12th.)

Friendly Reminders:

The Athletic Section of the **Community Directory and Student Handbook** is now available by visiting www.bbns.org/handbook and is a tremendous resource for all school athletic questions (i.e., philosophy, campus programs/ requirements, phone directory and waivers).

The internet, www.bbns.org, is the most efficient link to all Athletic, game & practice schedules, directions, departure & arrival times, cancellations, updates & daily notes.

The **Athletic Hotline**, 617-800-2259, is updated daily.

All Fall season **Upper School Waiver** request forms (available online or in the Athletic Office) must be submitted to Mrs. Mutch of the Athletic Office no later than September 11th.

All Fall season **Middle School Waiver** request forms (available online in the Athletic or Middle School Office) must be submitted to the Athletic or Middle School Office no later than September 11th.

All students who wish to participate in the **Health & Fitness** (grades 9-12) or **Strength & Conditioning Program** (grades 10-12) must be enrolled with Mr. Henri Andre and Mr. Chuck Richard of the Athletic Department no later than September 11th. Health & Fitness- Henri Andre x2143 and Strength & Conditioning- Chuck Richard x2145.

Team Managing (grades 10-12, only) is a viable fulfillment of the Athletic requirement; please see Mrs. Mutch of the Athletic Office no later than September 11th.

All students who wish to participate in the **Fall Tennis Program** (grades 9-12) must be enrolled with Mrs. Mutch no later than September 11th.

Important Tryout & Practice Information:

Upper School Captain's Practices may begin August 24th (Optional):

(Captain's are responsible for providing all additional information.)

*These practices are completely optional and are not sanctioned BB&N events.

Upper School Pre-season Tryout Week (Mandatory):

* Head Varsity Coaches can also be contacted for pre-season information.

**All players (9th graders included) who aspire to play at the Varsity, JV, and 3rd levels must tryout!*

(Varsity tryouts only are September 1st- 5th, JV & 3rd Team tryouts are September 9th- 12th.)

*Please note all Varsity & JV rosters will be completed by September 12th.

Schedule:

Monday, August 31st-

Upper School Pre-participation Exams Policy, Aug. 31st (Mandatory for all Fall athletes grades 9-12):
Basic safety tests conducted by the Athletic Training Staff in the Athletic Center, Football 9-10am, Field Hockey & Girls' Soccer 10-11am, X-country & Boys' Soccer 11am-12pm. All students planning to participate in Health & Fitness, Strength & Conditioning, or Instructional Tennis will be tested on Sept. 14th, 3:45-4:45pm. *Locker assignments and equipment distribution will also be available.

Tuesday, September 1st-

All Football	9:00-11:00	Edwards	3:00-5:00	Nichols
Varsity Field Hockey	9:00-11:00	Nichols	2:30-4:30	Edwards
Varsity Boys' Soccer	4:30-6:30	Edwards		
Varsity Girls' Soccer	9:00-11:00	Buckingham	3:30 @ CRL (s)	
All Cross-country	4:00-6:00	NAC		

Wednesday, September 2nd-

All Football	9:00-11:00	Edwards	3:00-5:00	Nichols
Varsity Field Hockey	12:30-2:30	Edwards		
Varsity Boys' Soccer	9:00-11:00	Buckingham	4:30 v. AB (s)	Edwards
Varsity Girls' Soccer	2:30-4:30	Edwards		
All Cross-country	4:00-6:00	NAC		

Thursday, September 3rd-

All Football	9:00-11:00	Edwards	3:00-5:00	Nichols
Varsity Field Hockey	4:30-6:30	Edwards		
Varsity Boys' Soccer	12:30-2:30	Edwards		
Varsity Girls' Soccer	2:30-4:30	Edwards		
All Cross-country	4:00-6:00	NAC		

Friday, September 4th-

All Football	OFF			
Varsity Field Hockey	9:00-11:00	Nichols	12:30-2:30	Edwards
Varsity Boys' Soccer	11:00-1:00	Buckingham	4:30 v. SJ (s)	Edwards
Varsity Girls' Soccer	9:00-11:00	Edwards	2:30-4:30	Edwards
All Cross-country	4:00-6:00	NAC		

Saturday, September 5th-

All Football	11:00 v. MC (s)	Nichols
Varsity Field Hockey	11:00-1:00	Edwards
Varsity Boys' Soccer	9:00-11:00	Edwards
Varsity Girls' Soccer	9:00 @ Needham HS (S)	
All Cross-country	9:00-11:00	NAC

No Practices September 6th, 7th & 8th-**Wednesday, September 9th-**

All Football	3:30-5:30	Buckingham
All Field Hockey	3:30-5:30	Nichols
All Boys' Soccer	5:00-7:00	Edwards
All Girls' Soccer	3:00-5:00	Edwards
All Cross-country	3:00-5:00	NAC

Thursday, September 10th-

All Football	5:15-7:15	Edwards
All Field Hockey	3:45-5:45	Nichols
All Boys' Soccer	3:45-5:45	Buckingham
All Girls' Soccer	3:45-5:15	Edwards
All Cross-country	4:00-6:00	NAC

Friday, September 11th-

All Football	3:45-5:45	Nichols
All Field Hockey	3:45-5:15	Edwards
All Boys' Soccer	5:15-6:45	Edwards
All Girls' Soccer	3:45-5:45	Buckingham
All Cross-country	4:00-6:00	NAC

Saturday, September 12th-

All Football	2:45 @ Exeter (s)	
Varsity Field Hockey	12:00 @ St George's (s)	
JV/ 3rd Field Hockey	9:00-11:00	Nichols
Varsity Boys' Soccer	TBA @ B. Hill (S)	
JV/ 3rd Boys' Soccer	9:00-11:00	Edwards
All Girls' Soccer	TBA	
All Cross-country	OFF	

Sept. 14th- 1st DAY OF TYPICAL PRACTICE SCHEDULE FOR ALL STUDENTS**(Weekly Game & Practice Schedules are posted on the Athletic Web Page www.bbns.org)****Upper School sport specific team meetings will be held Sept. 8th, 3:30pm (Mandatory):****(All Fall athletes must attend! Locations will be posted throughout the Upper School.)****Upper & Middle School Fall coaches meeting with the Director of Athletics will be held****Sept. 8th, 4:00pm (Mandatory) in the NAC classroom.****Middle School Practice/ Tryout Schedule will begin Sept. 14th:****6th Grade Practice Schedule will begin Sept. 14th:**

***Athletic Department Staff – Extensions, Titles and Responsibilities:**

(Please refer to www.bbns.org)

Upper School Fall Varsity Head Coaches:

Football	John Papas	x2254	john_papas@bbns.org
Field Hockey	Rachel Riemer	x2185	rachel_riemer@bbns.org
Boys' Soccer	Jesse Sarzana	x2370	jesse_sarzana@bbns.org
Girls' Soccer	Katie Gayman	x2299	katie_gayman@bbns.org
Boys' Cross Country	Charlie O'Rourke	x2249	charlie_orourke@bbns.org
Girls' Cross Country	Charlie O'Rourke	x2249	
Co-ed Instructional Tennis	Armen Dedekian	x2140	armen_dedekian@bbns.org
Health & Fitness	Henri Andre	x2143	henri_andre@bbns.org
Strength & Conditioning	Chuck Richard	x2145	chuck_richard@bbns.org
Managing	Laurie Mutch	x2140	laurie_mutch@bbns.org

I do hope you have found this letter helpful and if you have any further questions please do not hesitate to call. Enjoy the rest of your Summer and I look forward to another great Fall.

Sincerely,

Rick Foresteire '86
Director of Athletics
617.800.2149