

10 November 2011

From: Rick Foresteire, Director of Athletics

Re: BB&N Knights Athletic Department Winter Information Letter

I hope you have enjoyed a wonderful Fall. I am writing in order to provide an outline of important Winter Season Athletic Department information. The 2011-12 Winter Athletic Game Schedule is available on-line or at the Athletic Office.

Athletic News & Notes:

**Squash will again be a club sport option this winter and will be at least a four day per week commitment combined with a Health & Fitness component (limited enrollment). All locations, dates & times will be finalized/ presented to students grades 7-12 by November 15th.*

As of now participation numbers indicate there will be enough for **Girls' JV Hockey Team!*

**Please contact Varsity Coaches with any sport specific questions and winter break expectations.*

Boys' Varsity Basketball- Nick Papas, nick_papas@bbns.org

Girls' Varsity Basketball- Kelly Cole, Kelly_cole@bbns.org

Boys' Varsity Hockey- Terrence Butt, terrence_butt@bbns.org

Girls' Varsity Hockey- Laurie Baker, laurie_baker@bbns.org

Fencing- Jeff Jorge, Jeffrey.jorge@gmail.com

Squash- Nadeem Osman, nadeem@theosmangroup.com

***March Break Spring Trips-** all meetings will be held in the next few weeks, but for immediate information please contact the coaches listed below:*

Baseball	Rick Foresteire	x2149
Softball	Kathy Newell	x2147
Golf	Tim Kendrick	x2285

Friendly Reminders:

The Athletic Section of the **Community Directory and Student Handbook** is now available by visiting www.bbns.org 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, weekly game & practice schedules, directions, departure & arrival times, cancellations, updates & daily notes.

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

All Winter Season **Upper School Waiver** request forms (available in the Athletic Office and on the BB&N Athletic Web Page) must be submitted to Ms. Baker of the Athletic Office no later than November 28TH.

All Winter Season **Middle School Waiver** request forms (available in the Athletic, Middle School Office and on the BB&N Athletic Web Page) must be submitted to the Athletic or Middle School Office no later than November 28th.

All Winter Season **Upper School Artistic Waiver** request forms (available in the Athletic, Art Dept. Office and on the BB&N Athletic Web Page) must be submitted to the Head of the Art Dept. no later than November 28th.

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 of the Athletic Department no later than November 23rd. Health & Fitness and Strength & Conditioning- Henri Andre x2143.

Team Managing (grades 10-12, only) is a viable fulfillment of the Athletic requirement; please see Ms. Baker of the Athletic Office no later than November 23rd.

Important Tryout & Practice Information:

Upper School Open Gym/ Fitness Center, November 14, 15, & 17th 3:30-5:30(Optional):

Upper School Gym & Fitness Center Closed November 16 & 18th:

Upper School Varsity Pre-season Practice & Tryout Week Policy (Mandatory):

*All students trying out for varsity must attend the first day of Winter Sports, November 21st. Each student's length of tryout commitment will be communicated directly by the Head Coach.

*All students trying out for JV & 3rd Teams only must attend practices starting on November 28th.

*Please note all Varsity, JV & 3rd Team rosters will be completed by December 3rd.

Upper School Pre- Season Practice & Tryout Schedule, November 21st-26th:

(Weekly Game & Practice Schedules posted on the Athletic Web Page www.bbns.org)

November 28th- 1st DAY OF TYPICAL PRACTICE SCHEDULE FOR ALL STUDENTS

(Weekly Game & Practice Schedules posted on the Athletic Web Page www.bbns.org)

Upper School team meetings/ sign-ups will be in the Athletic Center Nov. 15th, 3:30pm (Mandatory):
(All Winter Athletes must attend! Locations will be posted throughout the Gym.)

Upper & Middle School Winter Coaches Meeting with the Director of Athletics will be held Nov. 15th, 4:00pm (Mandatory) in the Stonestreet Lounge of the Nicholas Athletic Center (NAC).

Middle School Winter Sports Introduction Day will be held Nov. 22nd, 1:45pm (Mandatory):

8th Graders Varsity Tryout/ Participation Policy:

Please refer to Athletic Section of the Community Directory & Student Handbooks www.bbns.org.

Middle School Practice/ Tryout Schedule will begin November 28th:

Upper School Pre-participation Exams will be held Nov. 21st- 28th (Mandatory):

Conducted by the Athletic Training Staff (basic safety tests). In the NAC training room, time TBA.

All Winter Athletes grades 9-12, must participate, who did not participate in the Fall.

Athletic Department Staff – Extensions, Titles and Responsibilities:

Please refer to Athletic Section of www.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 Fall and I look forward to another great Winter.

Sincerely,

Rick Foresteire '86
Director of Athletics
617.800.2149