



**Buckingham Browne & Nichols School**  
80 Gerry's Landing Road, Cambridge, MA 02138-5512

23 February 2010

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

***Re: BB&N Knights Athletic Department Spring Information Letter***

Dear Parents, Faculty, Staff, Students, and Friends,

I hope you have enjoyed the Winter. I am writing in order to provide an outline of important Spring season Athletic Department information. The 2010 Spring Athletic Game Schedule is available on the internet, [www.bbns.org](http://www.bbns.org) - the athletics section. Hard copies will also be available in the NAC.

***Athletic News & Notes:***

***New! Spring Parent Athletic Information & Meet the Coaches Night*** will be held on March 2<sup>nd</sup>, 6:30pm in the Athletic Center. All Parents grades 6-12 are strongly encouraged to attend!

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

Baseball	Rick Foresteire	<a href="mailto:rick_foresteire@bbns.org">rick_foresteire@bbns.org</a>
Softball	Kathy Newell	<a href="mailto:kathy_newell@bbns.org">kathy_newell@bbns.org</a>
Golf	Tim Kendrick	<a href="mailto:tim_kendrick@bbns.org">tim_kendrick@bbns.org</a>
Boys' Lax	Rory Morton	<a href="mailto:rory_morton@bbns.org">rory_morton@bbns.org</a>
Girls' Lax	Carol Ann Loftus	<a href="mailto:carol-ann_loftus@bbns.org">carol-ann_loftus@bbns.org</a>
Boys' Tennis	John Carolan	<a href="mailto:jcarolan@prospecthillacademy.org">jcarolan@prospecthillacademy.org</a>
	Rodrigo Fraga	<a href="mailto:rodfraga@hotmail.com">rodfraga@hotmail.com</a>
Girls' Tennis	Sydney Cooper	<a href="mailto:Sydney_cooper@bbns.org">Sydney_cooper@bbns.org</a>
	Mike Bernstein	<a href="mailto:mike_bernstein@bbns.org">mike_bernstein@bbns.org</a>
Boys' Crew	Adam Holland	<a href="mailto:adam_holland@bbns.org">adam_holland@bbns.org</a>
Girls' Crew	Allison Kornet	<a href="mailto:Allison_kornet@bbns.org">Allison_kornet@bbns.org</a>
Sailing	Tom Moscarillo	<a href="mailto:t_j_moscarillo@hotmail.com">t_j_moscarillo@hotmail.com</a>

***Pleased to announce:*** US Faculty Member- Mike Bernstein will be the new Assistant Girls' Varsity Tennis Coach and John Carolan will be the new Co-Head Boys' Varsity Tennis Coach. Kim Johnson will join our Health & Fitness staff and introduce Yoga to our student 3 days per week.

***The Upper School Winter Sports Assembly-*** will be held in the Upper School Gym on March 2<sup>nd</sup>, 10:30am.

## **Friendly Reminders:**

The **Community Directory and Student Handbook** is a tremendous resource for all school athletic questions (i.e., philosophy, campus programs/ requirements, phone directory and waivers).

The internet, [www.bbns.org](http://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 spring 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 March 12<sup>th</sup>.

All spring 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 March 5<sup>th</sup>.

All spring 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 March 12<sup>th</sup>.

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 March 5<sup>th</sup>. 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 Ms. Baker of the Athletic Office no later than March 12<sup>th</sup>.

## ***Important Pre-season Meeting Information:***

**Upper School sport specific team meetings, Tue. Mar. 2<sup>nd</sup>, 3:30pm (Mandatory):**  
(All Spring athletes must attend! Locations will be in the Athletic Center.)

**Middle School Spring Sports Introduction Day will be held Mar. 3<sup>rd</sup>, 1:00pm (Mandatory):** (At the Middle School, sign-ups included.)

**US & MS Coaches meeting with the AD, Tue. Mar. 2<sup>nd</sup>, 4:00pm (Mandatory):**  
(All Spring coaches must attend! Location in the Stonestreet.)

## ***Important Tryout & Practice Information:***

**Upper School Open Gym: Mar. 1, 2, 4 & 5, 3:30-5:30 (Optional):**  
(There will be *no* organized CAPTAIN'S PRACTICES.)

**Gym Closed Mar. 3<sup>rd</sup> (Mandatory):** Community Service Day

**Upper School 1<sup>st</sup> Day of Team Sports, Mon. Mar. 8<sup>th</sup>, dates/ times below (Mandatory):**

**Middle School 1<sup>st</sup> Day of Team Sports, Mon. Mar. 8<sup>th</sup>, (Mandatory):**

**Lower School 6<sup>th</sup> Grade Spring Athletics will begin after March break.**

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

\*All students must attend the first day of spring sports, March 8<sup>th</sup>. Each student's length of tryout commitment will be communicated directly by the Head Coach.

\*Please note all Varsity & JV Team rosters will be completed by April 2<sup>nd</sup>.

\*Health & Fitness and Strength & Conditioning will start on March 29<sup>th</sup>.

## *Upper School Pre- Season Practice & Tryout Schedule, March 8<sup>th</sup>-12<sup>th</sup>:*

### **Monday, March 8<sup>th</sup>**

Baseball	5:15-7:15	Gym
Softball	3:45-5:15	Gym
Boys' Lacrosse	3:45-5:15	Turf
Girls' Lacrosse	5:15-6:45	Turf
Boys' Tennis	3:45-4:45	Fitness Center
Girls' Tennis	3:45-4:45	Fitness Center
Boys' Crew	3:45-5:45	Tank/ Ergs
Girls' Crew	3:45-5:45	Tank/ Ergs
Co-ed Sailing	3:45-4:45	Fitness Center
Co-ed Golf	3:45-4:30	Hitting Tunnel

### **Tuesday, March 9<sup>th</sup>**

Baseball	5:15-7:15	Gym
Softball	3:45-5:15	Gym
Boys' Lacrosse	5:15-7:00	Turf
Girls' Lacrosse	3:45-5:15	Turf
Boys' Tennis	3:45-4:45	Fitness Center
Girls' Tennis	3:45-4:45	Fitness Center
Boys' Crew	3:45-5:45	Tank/ Ergs
Girls' Crew	3:45-5:45	Tank/ Ergs
Co-ed Sailing	3:34-4:45	Fitness Center
Co-ed Golf	3:45-4:30	Hitting Tunnel

### **Wednesday, March 10<sup>th</sup>**

Baseball	4:45-6:45	Gym
Softball	3:30-4:45	Gym
Boys' Lacrosse	2:00-3:30	Turf
Girls' Lacrosse	3:30-5:00	Turf
Boys' Tennis	Off	
Girls' Tennis	Off	
Boys' Crew	3:30-5:30	Tank/ Ergs
Girls' Crew	3:30-5:30	Tank/Ergs
Co-ed Sailing	Off	
Co-ed Golf	3:30-4:15	Hitting Tunnel

### **Thursday, March 11<sup>th</sup>**

Baseball	4:45-5:45	Gym
Softball	3:45-4:45	Gym
Boys' Lacrosse	4:45-5:45	Turf
Girls' Lacrosse	3:45-4:45	Turf
Boys' Tennis	3:45-4:45	Fitness Center
Girls' Tennis	3:45-4:45	Fitness Center
Boys' Crew	3:45-5:30	Tank/ Ergs
Girls' Crew	3:45-5:30	Tank/ Ergs
Co-ed Sailing	3:45-4:45	Fitness Center
Co-ed Golf	Off	

### **Friday, March 12<sup>th</sup>**

Baseball	5:00-7:00	Gym
Softball	3:45-5:00	Gym
Boys' Lacrosse	3:45-5:15	Turf
Girls' Lacrosse	5:15-6:45	Turf
Boys' Tennis	Off	
Girls' Tennis	off	
Boys' Crew	3:45-5:45	Tank/ Ergs
Girls' Crew	3:45-5:45	Tank/ Ergs
Co-ed Sailing	Off	
Co-ed Golf	3:45-4:30	Hitting Tunnel

**Mar. 29<sup>th</sup> - 1<sup>st</sup> DAY OF TYPICAL PRACTICE SCHEDULE FOR ALL STUDENTS**

**(Weekly Game & Practice Schedules are posted on the Athletic Web Page [www.bbns.org](http://www.bbns.org))**

***8<sup>th</sup> Graders Varsity Tryout/ Participation Policy:***

A varsity tryout request can only be generated by the invitation of the Head Varsity Coach. The request must be made first to the Director of Athletics (not the student-athlete). The Director of Athletics will forward the request on to the Middle School Director, who in consultation with the Student's advisor will forward a recommendation back to the Director of Athletics. The final decision as to if the tryout is granted will be made by the Director of Athletics in consultation with the Student's parents. If an 8<sup>th</sup> Grader makes a varsity team, *they will be waived from their Middle School athletic commitment*, but will at no time be excused from any academic commitments.

**Upper School Pre-participation Exams Policy will be held Mar. 8<sup>th</sup> - 12<sup>th</sup>, (Mandatory):**

Conducted by the Athletic Training Staff (basic safety tests). In the NAC training room, time TBA.  
For all Spring athletes grades 9-12, who did not participate in the Fall or Winter.

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

(Please refer to the Community Directory and Student Handbook.)

**Lower School Spring Head Coaches:**

Baseball	Terrence Butt	<a href="mailto:terrence_butt@bbns.org">terrence_butt@bbns.org</a>
Softball	Kathy Newell	<a href="mailto:kathy_newell@bbns.org">kathy_newell@bbns.org</a>
Boys' Lacrosse	Ed Bourget	<a href="mailto:ed_bourget@bbns.org">ed_bourget@bbns.org</a>
Girls' Lacrosse	Libby Kenney	<a href="mailto:libby_kenney@bbns.org">libby_kenney@bbns.org</a>

**Middle School Spring Head Coaches:**

Baseball	Craig McLaughlin	<a href="mailto:craig_mclaughlin@bbns.org">craig_mclaughlin@bbns.org</a>
Softball	Laurie Baker	<a href="mailto:laurie_baker@bbns.org">laurie_baker@bbns.org</a>
Boys' Lacrosse	Rob Valasquez	<a href="mailto:rob.valasquez@tufts.edu">rob.valasquez@tufts.edu</a>
Girls' Lacrosse	Carol Ann Loftus	<a href="mailto:carol-ann_loftus@bbns.org">carol-ann_loftus@bbns.org</a>
Boys' Crew	Peter Fiore	<a href="mailto:peter_fiore@bbns.org">peter_fiore@bbns.org</a>
Girls' Crew	Will Goldenheim	<a href="mailto:wgoldenheim@gmail.com">wgoldenheim@gmail.com</a>
Boys' Tennis	Joe Finelli	<a href="mailto:joe_finelli@bbns.org">joe_finelli@bbns.org</a>
Girls' Tennis	Nick Papas	<a href="mailto:nick_papas@bbns.org">nick_papas@bbns.org</a>
Health & Fitness	Henri Andre	<a href="mailto:henri_andre@bbns.org">henri_andre@bbns.org</a>

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 winter and I look forward to another great spring.

Sincerely,

Rick Foresteire '86  
Director of Athletics  
617.800.2149

