

Athletics Policies and Offerings

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The BB&N Athletic Philosophy

The BB&N athletic philosophy is to create a well-balanced curriculum of team sports, physical education, and health. All three components are essential complements to each student's overall physical, mental, and social development. A clear and realistic program, one that supports and promotes all levels of athletic achievement, must also echo the School's diverse curriculum.

The values of team sports, physical education, and health include:

- Experience of teamwork, competition, sportsmanship, success, and failure;
- Development of relationships, self-confidence, and physical and life skills;
- Knowledge of nutrition, fitness, and mental relaxation;
- Maturation of leadership skills, discipline, and a strong sense of self.

Campus Programs, Offerings and Requirements

Lower School

Every student in Beginners through Grade 5 participates in a Physical Education class instructed by our faculty. In the Fourth and Fifth Grades the program introduces students to a variety of skills in anticipation of team sports. The fundamental aspects of teamwork, sportsmanship, and competition are taught in a familiar and safe environment. Plans are currently being made to include a basic Health component for the upper grades. Every one of our Sixth Grade students participates in an intramural program. The teams practice in the morning during School, and play their games after School on Wednesdays. Participation and enjoyment continue to be the cornerstones of the Lower School experience, and at this stage it is crucial that the students are playing and having fun. We also want to ensure that the students are learning the appropriate fundamentals at this stage of their School life.

Grade 6 Athletics/Health & Fitness Intramural Sports Program:

<i>Fall</i>	<i>Winter</i>	<i>Spring</i>
X-country	Basketball	Baseball (boys)
Field hockey (girls)	Ice & Floor Hockey (coed)	Softball (girls)
Flag Football (boys)	Volleyball/ Rowing (girls)	Lacrosse
Soccer	Wrestling/ Rowing (boys)	Tennis

Middle School

In the Middle School the program makes a minor shift to a more competitive team program. Without abandoning the principles of participation and enjoyment begun in our Lower School, we start to allow for individual differences among student athletes. All students are expected to participate in the Middle School athletic program for all three seasons, and game days are typically Fridays. We feel that being involved on a Middle School team, at some level, is a valuable experience for all students. All participants are expected to receive fairly equal playing time over the course of the entire season.

Grades 7-8 Athletics Programs, Offerings, and Requirements

- Students must participate in the Athletic Program for three seasons.
- Student participation in a team sport must yield enough players in order to compete at an interscholastic level.
- The number in parentheses next to the sports below represents the maximum number of players per team. A tryout selection process according to ability will be used when necessary, if cut from a team, an alternate plan will be arranged by the Coaches and Athletic Director. ***No student will be cut from their first choice more than one time throughout the academic year.***
- Alternative programs may be accepted. Please refer to the alternative policies in this handbook

Fall

(Interscholastic)

Boys

Football (35)

Soccer A & B (34 total)

Girls

Field Hockey A & B (34 total)

Soccer A & B (34 total)

Volleyball A & B (28 total)

Co-ed

X-country (30)

(Non-Interscholastic)

Co-ed

Health & Fitness/ Intramural Sports/ Yoga (20)

Winter

(Interscholastic)

Boys

Basketball A & B (28 total)

Hockey (20)

Girls

Basketball A & B (28 total)

Hockey (20)

Co-ed

Wrestling (24)

(Non-Interscholastic)

Co-ed

Fencing- Instructional (28)

Health & Fitness/ Intramural Sports/ Yoga (28)

Spring

(Interscholastic)

Boys

Baseball A & B (26 total)

Lacrosse (24)

Crew A & B (22 total)

Tennis (14)

Girls

Softball (18)

Lacrosse A & B (32 total)

Crew A & B (22 total)

Tennis (14)

(Non-Interscholastic)

Co-ed

Health & Fitness/ Intramural Sports/ Yoga (24)

Alternative Athletic Programs: Students with demonstrated ability and a major commitment to training for a sport/ activity that BB&N does not offer (i.e. riding, skiing, swimming, figure skating) may apply for an off-campus Athletic Program Waiver. The Independent School League bylaws state, "Multi-season, single sport: Athletes may not receive credit for participating in a sport (offered) for more than one season in an academic year." All such proposals, and any additional season requests must be submitted to the Director of Athletics no later than the first day of classes in the fall, by the Monday before the first day of seasonal tryouts in the winter and spring in order to

seek approval. A decision will be made within five School days after submission. Seasonal tryout dates will be communicated to students/parents via www.bbns.org and the seasonal Athletic Department Information Letter. Waiver Forms are available in the Athletic Department Office.

Eighth Grader Varsity Tryout/ Participation Policy: Only Middle School students with exceptional athletic talent will be considered candidates for varsity teams. 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 and the Director of Athletics will make the final decision. The final decision will be communicated by the Director of Athletics, Middle School Director, and/ or Advisor to all parties involved. If an Eighth Grader makes a varsity team, *he/she will be waived from his/her Middle School athletic commitment*, but will at no time be excused from any academic commitments. Special exceptions may apply in regards to ISL and/ or NEPSAC championship events.

MS No Sports/Mud Weeks: This term refers to the dates in between athletic seasons. During these weeks, Seventh and Eighth Graders are often dismissed at 2 p.m. After-School study hall is available until regular dismissal time.

For more information, please refer to the Middle School section of this handbook.

Upper School

While sub-varsity teams are more developmental in nature, our Varsity programs are quite competitive. Along with enjoying the sport, playing on a team is a valuable participatory experience for each athlete. That may mean being an All-League caliber player or a substitute who plays a supporting role. In keeping with the BB&N philosophy that athletics are an integral part of a student's curriculum, each student should plan his/her participation with the help of his/her advisor. This discussion will help everyone gain a better understanding of each child's overall School program. The Varsity and sub-Varsity teams are made up of those students who have demonstrated, through the tryout process that they can successfully and comfortably compete at that level. All sub-varsity participants are expected to receive fairly equal playing time over the course of the entire season.

Interscholastic League Affiliation: *The Independent School League (ISL) and New England Prep School Athletic Conference (NEPSAC):* Students at BB&N are privileged to be a part of the Independent School League. This collection of 16 schools shares the highest ideals of school sports and competes against each other in almost every sport BB&N offers. In addition to the ISL opponents, we schedule contests against other members of the New England Prep School Athletic Conference (NEPSAC) when the level of competition is appropriate for both schools. At the end of the season many teams that have qualified are given the opportunity to compete in the NEPSAC tournaments.

Grades 9-12 Athletic Programs

- Students in Grades 9-11 must participate in the Athletic Program for three seasons; Twelfth Graders only need to participate for two seasons.
- Students must participate in at least three interscholastic sports by the end of Tenth Grade, two of which must be completed in Grade 9. New Tenth Graders must participate in at least one interscholastic sport within the Tenth Grade academic year.
- Ninth Graders (20) can choose the Health & Fitness "after-School" option fall, winter, or spring. The Grades 10-12 Health & Fitness option is only offered during the academic day.
- Grades 10-12 are only eligible (on an approval basis) for the Strength & Conditioning program or to manage. Managing Grades 10-12 is only an option for one season per academic year.
- The number in parentheses next to the sports below represents the maximum number of players per team. A tryout selection process according to ability will be used if necessary.

- Student participation in a team sport must provide enough players necessary in order to compete at an interscholastic level for that sport; if not, the offering will be discontinued.
- Alternative programs may be granted. Please refer to the alternative policies in this handbook.

Fall

(Interscholastic)

Boys

Football V (30), JV (30)

Soccer V (17-20), JV (17-20), 3rd (20)

X-country V (12-14), JV (20)

Girls

Field Hockey V (15-18), JV (15-18)

Soccer V (17-20), JV (17-20)

Volleyball V (10-12), JV (10-12)

X-country V (12-14), JV (20)

(Non-Interscholastic)

Co-ed

Instructional Tennis (24)

Health & Fitness (60)

Strength & Conditioning/ Yoga (25)

Managing (18)

Health & Fitness/ Afternoon Arts (*approved on a seasonal basis*)

Winter

(Interscholastic)

Boys

Basketball V (12-15), JV (12-15), 3rd (15)

Hockey V (16-20), JV (22)

Girls

Basketball V (12-15), JV (12-15), 3rd (15)

Hockey V (16-20), JV (22)

Co-ed

Fencing (40)

Wrestling (30)

(Non-Interscholastic)

Co-ed

Health & Fitness (70)

Strength & Conditioning/ Yoga (25)

Managing (18)

Health & Fitness/ Afternoon Arts (*approved on a seasonal basis*)

Spring

(Interscholastic)

Boys

Baseball V (16-18), JV (18)

Lacrosse V (18-20), JV (20)

Crew V (20), JV (20)

Tennis V (8-10), JV (10-12)

Girls

Softball V (12-16), JV (18)

Lacrosse V (15-18), JV (18)

Crew V (20), JV (20)

Tennis (8-10), JV (10-12)

Coed

Sailing V (10-12), JV (10)

Golf V (10-12), JV (10-12)

(Non-Interscholastic)

Co-ed

Health & Fitness (50)

Strength & Conditioning / Yoga (20)

Managing (18)

Health & Fitness/ Afternoon Arts (*approved on a seasonal basis*)

Health and Fitness Class: Health and Fitness emphasizes the concept of a sound mind in a healthy body. Through an individualized program, students engage in physical training sessions based on their needs and interests. They develop their mental and physical potential through relaxation and exercise. Theory classes on a variety of health and fitness topics also support the curriculum.

Alternative Athletic Programs: Students with demonstrated ability and a major commitment to training for a sport/activity that BB&N does not offer (i.e. riding, swimming, figure skating), may apply for an off-campus Athletic Program Waiver. The Independent School League bylaws state, "Multi-season, single sport: Athletes may not receive credit for participating in a sport (offered) for more than one season in an academic year." All such proposals, and any additional season requests (fall, winter, or spring) must be submitted to the Director of Athletics no later than the first official day of seasonal tryouts in order to seek approval. Seasonal tryout dates will be communicated to students/parents via www.bbns.org and the seasonal Athletic Department Information Letter. Waiver Forms are available in the Athletic Department Office.

Alternative Artistic Programs: Students with a major commitment and demonstrated ability in the arts, including in-School tech, drama or dance (Grades 10-12), may request an exemption from the Athletic Requirement for the season of involvement. All students who receive Artistic Waivers must participate within the Athletic Program for at least one season per academic year, unless special request granted. Proposals (fall, winter, or spring) must be submitted to the Head of the Arts Department no later than the first day of seasonal tryouts in order to seek approval. Seasonal tryout dates will be communicated to students/parents via www.bbns.org and the seasonal Athletic Department Information Letter. Waiver Forms are available in the Arts Department Office.

Community Service Exemption: Students (Grades 10, 11 and 12) who elect to make a significant contribution to Community Service Project (approved by the Community Service Faculty Advisors, may request an exemption from the Athletic Requirement for one season per academic year. All students who receive Community Service Exemptions must participate within the Athletic Program for at least one season per academic year, unless special request is granted. Proposals (fall, winter, or spring) must be submitted to the Community Service Faculty Advisors no later than the first day of seasonal tryouts in order to seek approval. Seasonal tryout dates will be communicated to students/parents via www.bbns.org and the seasonal Athletic Department Information Letter. Waiver/ Exemption forms are available in the Community Service Faculty Advisors' Office.

All-School Coaching Guide

BB&N draws its coaches from the faculty as well as from off-campus. We expect our coaches to present themselves in a manner that will earn the respect of players and spectators. We want our coaches to model the same standards of behavior and sportsmanship that we expect from our students. The expectation of each coach is that they are sensitive to the needs of individual students while keeping the goals and interests of the team and School in mind.

The coach is the key contact person for your child's athletic program. Questions and messages regarding games, equipment, absences, or lateness should all be directed to the coach. Direct communication between athletes and their coaches fosters a greater sense of student responsibility and independence than having parents act as go-betweens. A list of Head Coaches and their voicemail numbers is provided at the end of this section. That list also will be provided to families through an information letter sent prior to each athletic season.

All-School Student Responsibilities

The athletic program strives to teach personal responsibility. **Participation on an athletic team is a commitment, a responsibility, and often a requirement. Attendance at practices and games is required.** It is important that each student understands that the team is affected when an athlete misses a practice. We expect students to plan their time around practices and plan ahead for conflicts which may have an impact on the team. Information about future events and commitments is readily available at School and students should seek it out. Each student is asked to take responsibility for certain equipment/uniforms which belong to the School.

Practice Information

At the beginning of each season, the School is given a designated date before which official varsity practice/tryouts *cannot* begin. The Athletic Director determines the exact starting date in consideration of ISL guidelines. For the 2011-12 year, the start and finish dates of each season are as follows:

Fall	Wednesday, September 1 - Saturday, November 12
Winter	Monday, November 21 - Saturday, February 25
Spring	Monday, March 5 - Saturday, May 26

The parent information letter, posted on the BB&N Athletics Web Page, will clearly outline all pre-season requirements. Varsity teams are often expected to practice during vacations. During winter and spring breaks, one week is reserved for practice while the other is designated as a non-practice period. Pre-season tryouts for teams begin on, or around, the dates mentioned above.

Upper School Pre-season Optional Workouts are initiated by the players in order to prepare players for the tryout stage of the season. Open field and gym space will be available for all players to use. Head Varsity Coaches should in no way emphasize/ organize any workouts. **These sessions are not required.**

All-School Weekly Practice Schedules are posted and made available the Thursday prior to the week of practice. We attempt to maintain some consistency to the routine, but scheduling three levels of competition to play home or away on different days, as well as fall and spring rescheduling, always make things complex as well as lively. A copy of the practice schedule is available from the Switchboard, Athletic Department, and at www.bbns.org.

Location of Practices and Games

A list of the facilities where our students practice and play home games and directions to the schools we compete against are available online at www.bbns.org or the host school's web site.

Transportation

Our teams are transported by private bus companies or School vehicles. We arrange for these vehicles each season, and each company tries its best to accommodate our varied needs.

Students are allowed to drive to practice or games only when special permission is granted by the Athletic Director. Other students are not allowed to ride with those students who have received permission. After a practice or game off site, a student may go home with her/his parent or another parent after checking with the coach. These arrangements need to be made ahead of time.

Lockers, Equipment, Uniforms

- Every student will be assigned a gym locker. It is strongly recommended that students store all of their belongings in their locker. The School is not responsible for lost or stolen items.
- Some equipment is issued to athletes for their use during the season, with the expectation that such equipment will be returned at the end of the season.
- Uniforms are issued at the beginning of each season and are expected to be returned at the completion of each season.
- Athletes who do not return their uniform within two weeks after the end of the season will be billed double the cost of the uniform.
- **No refunds or credits will be made.**

Health Services and Safety

Athletic Trainers: **Kathy Gruning, Athletic Trainer** 617-800-2239; kathy_gruning@bbns.org
 Chuck Richard, Athletic Trainer 617-800-2145; chuck_richard@bbns.org
Present at all on-campus contests with effective access to peripheral fields

School Physicians: Dr. Richard Goldstein
 Pediatric Medicine
 Cambridge, MA

Ambulance Service: Professional Ambulance
 On campus for all varsity football contests

Hospital: Mt. Auburn Hospital
 300 Mt. Auburn Street, Cambridge, MA 02138
 617-492-3500

Priority access according to level of acuity and parent's preference

Equipment: Athletic Training room will be open prior to and after all contests with access to the following: *Ice, water, hydrocollators, electrical modalities, first aid supplies, crutches, and splints*

Health Requirements:

The following items are required in order to participate in athletics:

- All necessary student health forms and current physical exam
- Completion of online baseline ImPact concussion test (grades 7-12)
- Clearance of Pre-Participation Exam (PPE) (performed each pre-season) August 31st- for fall 2010

Communication:

- Certified athletic trainers are present at all on-campus contests and practices, with effective access to peripheral fields.
- All injuries, illnesses, or other health conditions must be reported to the Athletic Training Staff as soon as possible. Athletic Trainers will work in conjunction with campus nurses and outside health care professionals to ensure optimal care for your child.
- When enlisting private health services, please ask your health care provider to provide a diagnosis, treatment plan, and clear parameters for return to activity. Student athletes cannot return to team practice or play without this information or and proper clearance from Athletic Training Staff.
- BB&N Athletic Trainers will notify parents of any significant athletic injury or if a student athlete may need further evaluation or monitoring.
- All parents and spectators must remain off all playing surfaces during practices and games. In the event of a significant injury, parents will be notified on the sidelines whenever possible.
- If you have questions, concerns or information regarding your child's health or injury status, please do not hesitate to contact the Athletic Training Staff.

Head Injury Policy: Please refer to the Student Health and Wellness Policies in the *All School Policies and Information PDF at www.bbns.org/handbook.*

Mouth Guard Policy: Please refer to the Student Health and Wellness Policies in the *All School Policies and Information PDF at www.bbns.org/handbook.*

Medical Waiver:

If your child is unable to participate in athletics due to extended illness or injury, please submit to the Athletic Training Staff medical documentation from the treating physician including; diagnosis, period of time, and plan of care.

ISL Statement Regarding Drugs, Medication or Food Supplements

The schools in the ISL agree that school personnel and coaches should not dispense any drug, medication, or food supplement except with extreme caution and in accordance with policies developed in consultation with parents, health-care professionals, and senior administrative personnel of the school.

Use of any drug, medication, or food supplement in a way not prescribed by the manufacturer should not be authorized or encouraged by school personnel and coaches. Even natural substances in unnatural amounts may have negative short-term or long-term health effects.

In order to minimize health and safety risks to student/athletes, maintain ethical standards, and reduce liability risks, school personnel and coaches should never supply, recommend, or permit the use of any drug, medication, or food supplement solely for performance-enhancing purposes.

Anti-Hazing Policy

Hazing refers to any conduct or method of initiation into any student organization, which willfully or recklessly endangers the physical or mental health of any student or any other person. Copies of legislation regarding hazing are distributed annually to all Upper School students. Incidents of hazing must be reported to law enforcement officials.

Bullying: Please refer to the [Anti-Bullying policy](http://www.bbns.org/handbook) at www.bbns.org/handbook.

Additional Information Sources

Seasonal parent information letters and game schedules: Both are mailed out each season to students in Grades 6-12.

Web Site: BB&N's web site (www.bbns.org) has a specific section dedicated to the Athletic Program. The web site includes permanent information as well as data which is continually updated, such as:

- Team schedules
- Team results and highlights
- Weekly practice schedules
- Directions to away games
- Links to opponent web pages

Athletic Department Phone and Voicemail Directory: When you need to obtain specific information about your child's team, you can call the coach's voicemail (listed on following pages), or the athletic office. The numbers are listed in the Community Directory section of this handbook.

Athletic Information Line: The game schedule for that day is recorded each morning on voicemail. You can access this recording and find out about schedules, cancellations, and changes by calling **617-800-2259**. The decision to play a contest when the weather and/or field conditions are questionable is typically made **at noon on the day of the game**.

Parking:

- Students are not allowed to park in the Athletic Center parking lot at any time. Students who choose to do so **will be towed**.
- Parents should park only in clearly marked Athletic Center and Upper School lot spaces.
- No parking on the hill or in front of the Forbes House without a designated sticker.
- No parking in the handicapped spaces without a handicapped parking placard.
- No standing or stopping in the Athletic Center Parking Lot, or along the driveway.
- No parking on Greenough Boulevard; Buses only.

ISL Guidelines

Sportsmanship Creed: The ISL is proud of the behavior and sportsmanship displayed by its players, coaches, and fans. We value spirited and fair play as well as positive support for our players and teams. In order to ensure that our expected level of decorum continues each game and each season, we ask that all members of the ISL community continually renew their efforts to abide by the ideals of our league.

Athletic competition in the ISL is guided by the following ideals: Players and coaches shall at all times represent themselves and their school with honor, proper conduct, and good sportsmanship. They shall understand that competitive rivalries are encouraged but that disrespect for opponents is unsportsmanlike and lessens the value of the rivalries. They shall confine the competitiveness of the game to the field, and behave properly on the sidelines and in the locker rooms before, during, and after the games.

The Players and Coaches: Players and coaches shall comply fully with the rulings of the officials. In no way, either by voice, action, or gesture, shall they demonstrate their dissatisfaction with the decisions made. Players must never forget that they represent their school.

The Spectators: ISL schools will not tolerate at their athletic contests any spectator, either student or adult, whose behavior is disrespectful toward players, officials, coaches, or other spectators. Nor will ISL schools permit any type of spectator behavior that either detracts from the proper conduct of the game, or serves to place a player or a team at a disadvantage. Some examples of unacceptable behavior are as follows:

- Use of profanity or displays of anger that draw attention away from the game;
- Booing or heckling an official's decisions, criticizing officials in any way, or displaying temper with an official's call;
- Trash talk or yells that antagonize opponents;
- Verbal abuse or intimidation tactics;
- Disrespectful or derogatory yells, chants, songs, gestures, signs, posters, or banners;
- Any distracting activity such as yelling, waving arms, feet stomping during an opponent's free-throwing attempts;
- Use of artificial noisemakers of any kind (legitimate pep bands, however, are encouraged).

These guidelines apply equally to players, coaches, and spectators. The ISL asks officials to apply these guidelines strictly, especially with regard to players and coaches.

Program Contact Information

For questions about a program, the primary contact is listed below. Coaches can be reached by dialing 617-800-xxxx (four-digit extension).

Fall

Football	Varsity	John Pappas	Ext. 2254
Boys' Soccer	Varsity	Jesse Sarzana '93	2386
Girls' Soccer	Varsity	Geoff Theobald	2130
Field Hockey	Varsity	Rachel Riemer	2185

Volleyball	Varsity	Jorge Senabre	2351
X-Country	Varsity	Charlie O'Rourke	2249

Winter

Boys' Hockey	Varsity	Terrence Butt '91	2173
Girls' Hockey	Varsity	Laurie Baker	2242
Boys' Basketball	Varsity	Nick Papas	2149
Girls' Basketball	Varsity	Kelly Cole	2149
Wrestling	Varsity	Tom Randall	2269
Fencing	Varsity	John Carroll	2149

Spring

Baseball	Varsity	Rick Foresteire '86	2149
Softball	Varsity	Kathy Newell	2147
		Beth McNamara	2222
Boys' Lacrosse	Varsity	Rory Morton '81	2165
Girls' Lacrosse	Varsity	Carol-Ann Loftus	2234
		Gracie Alcid	2234
Director of Rowing		Peter Fiore '76	2240
Boys' Crew	Varsity	Adam Holland	2240
Girls' Crew	Varsity	TBA	2149
Boys' Tennis	Varsity	John Carolan	2149
Girls' Tennis	Varsity	Sydney Cooper	2149
Sailing	Varsity	Tom Moscarillo	2149
Golf	Varsity	Tim Kendrick	2285

BB&N's Athletic Fields

Edwards Field @ Francke — Gerry's Landing Campus

Nichols Field — Gerry's Landing Campus

Shady Hill Field – next to Edwards Field @ Francke

Smith Field — Western Avenue, west of North Harvard Street

Arsenal Tennis Courts — Behind HCHP next to Arsenal Mall

Buckingham Field — Fresh Pond Parkway between Huron Avenue and the Concord Rotary

Boathouse — Directly across Gerry's Landing Road from the Upper School.

Varsity Races are held between Weeks Footbridge and Magazine Beach – Riverside Boat Club. Sub-varsity races are held up river between Northeastern Boathouse and Eliot Bridge

Fresh Pond Reservoir — Cross Country races are held along the path. Entrance is on Fresh Pond Parkway, the first left just beyond Huron Avenue traveling outbound toward Arlington.

Charlestown Navy Yard — The sailing team sails at the Courageous Sailing Center.

Appendix

Data and Directions to Opponent Facilities

Links to opponent school web sites can be found at www.bbns.org

Beaver Country Day School, 791 Hammond St., Chestnut Hill, MA 02167

617-738-2700 Rte 128/95 to Rte 9E (Exit 20A) - Past Chestnut Hill Mall (on left) - Right on Hammond St. at Exxon- School .5 mi on right.

Bancroft School, 110 Shore Dr., Worcester, MA 01605 508-853-2640
Mass Pike West to Exit 11 (495 North) - East on Rt. I-290 to Worcester, Exit 19 (Holden, Fitchburg, I-90, Rt. 12) Exit #2, Ararat St., Left at first lights, over the bridge, left at next lights, keep right, follow signs for Shore Drive...next set of lights take right on Shore Drive. School on right.

***Belmont Hill School**, 350 Prospect St., Belmont, MA 02178 617-484-4410
Rte 128/95 to Rte 2E (Exit 29A) - Park Ave. exit - Right at tights (Park Ave.) - School past rotary straight ahead. Crew boathouse on Charies River at Eliot Bridge on Gerry's Landing Rd. across from BB&N - finish line at Magazine Beach in Cambridge. Sailing from Medford Boat Club. www.belmont-hill.org

***Brooks School**, 1160 Great Pond Rd. N. Andover, MA 01845 978-686-6101
Rte 93N to Rte 125 (Exit 15 - Andover/N. Andover) - Follow for 10.4 mi. Turn left at end of Rte 125. Turn right on Rte 133 (past Treadwell's Ice Cream) onto Great Pond Road (at fork stay straight on Rte 133). School on right (1.4 mi.) - Crew boathouse on campus - finish line at boathouse. www.brooksschool.org

***Buckingham Browne & Nichols** 617-547-6100
Rte 128/95 to Rte 2E (Exit 29A) - Bear right at Alewife T onto Fresh Pond Parkway - School on right opposite Mt. Auburn Hospital at Memorial Drive (Rtes. 2 & 3). Crew boathouse across Gerry's Landing Rd. - finish line at Magazine Beach in Cambridge. Sailing from Community Boating on Storrow Drive across from Mass. General Hospital. www.bbns.org

Smith Field - Western Avenue, west of North Harvard Street
Buckingham Field - Larch Road at Fresh Pond Parkway

Cambridge School of Weston, Georgian Rd., Weston, MA 02493 781-642-8600
Rte. 128/95 Exit 27B Winter St., continue to West St., second light go left onto West St. which turns into Lexington St., left onto Georgian Rd. www.csg.org

Charles River School, 56 Centre St., Dover, MA 02030 508-785-0068
Rte 128/95 to Rte 109W (Exit 16B) - Through Westwood Center - Bear right at fork onto Hartford St. Right on Walpole St. at intersection - Walpole turns into Dover St. - Right on Old Meadow Lane at P.O. - Follow to School. www.charlesriverschool.org

Choate Rosemary Hall, Christian St., Wallingford, CT 08492 203-269-7722
Rte 128/95 to Rte 95S - Rte 91 N (New Haven) - Rte 68 (Exit 15) - Left at 1st stoplight onto Farms Rd. - Farms becomes N. Elm St. - Right on Christian St. www.choate.edu

Concord Academy, 194 Maine St., Concord, MA 01742 978-369-6080
After passing the exit for Interstate 95 (Also known as Rte. 128), continue following Rte. 2 West to the second traffic light at the bottom of a long hill. Move to the right lane in order to drive straight across the intersection onto Cambridge Turnpike. Continue to the first stop sign. Bear left and continue into Concord Center. Turn left just after the large flagpole onto Main St. (Rte. 62 West). Continue until the road forks; bear right. www.concordacademy.org

Cushing Academy, 39 School St., Ashburnham, MA 01430 508-827-5911
Rte 128/95 to Rte 2W (Exit 29B) - Follow 2W for about 35 miles - Rte 140N in Westminster for 5 mi. - Right on Rte 101 - School approximately 5.5 miles. www.cushing.org

Dana Hall School, 21 Dana Road, Wellesley, MA 02181 781-235-3010
Rte 128/95 to Rte 9W (Exit 20B) - Left on Rte 16 - Follow Rte 16 to Wellesley Center - Sharp left onto Grove St. at lights - School on left. www.danahall.org

Dedham Country Day School, 90 Sandy Valley Rd., Dedham, MA 02026 781-329-0850
Rte 128/95 to Rte 109E (Exit 16A) - Right at Intersection (after 1 mi) on Lowder St. - Right (1 mile) on Highland St. - Right on Sandy Valley Rd. Hockey played at Needham YMCA - intersection of Rtes 135 & 128. www.dedhamcountryday.org

Derby Academy, 56 Burditt Ave., Hingham, MA 02043 781-749-0746
Take Exit 14, Rte. 228. Turn left off at ramp and follow 228 (Main St.) 4.5 miles until intersection (stop sign, blinking light and sign directing 228 N to Nantasket). Leave Rte. 228 by continuing straight through the intersection onto Central St. Continue on Central St. for 1 mile, through blinking light on South St. Take next right (Talbots on left) onto North St., then take an immediate left (after St. Paul Church) onto Fearing Road.

Follow Fearing Rd to the end and take a right onto Burditt Ave. School on left. For visitor's parking, enter second driveway on left.
www.derbyacademy.org

Dexter School, 20 Newton St., Brookline, MA 02146 617-522-5544
Rte 128/95 to Rte 9E (Exit 20A) - Right on Lee St. at Brookline Reservoir - Lee continues into Clyde past The Country Club - Left at lights onto Newton St. - Bear right at fork - Right onto St. Paul's Ave. - School is on the right. www.dexter.org

Eaglebrook, Mountain Rd., Deerfield, MA 01342 413-744-7411
Rte 128/95 to Rte 2W (Exit 29B) - Follow to Greenfield (about 95 mi.) - After Rte 2 joins Rte 91S, take No. Adams exit - Go 1/2 way around rotary (under Rte 91) exiting by Howard Johnson's - At next traffic lights (Dunkin Donuts), take a right - At next traffic light, take another right onto Deerfield St., which will also be Rtes 5 & 10 - Follow for about 3 mi - At flashing yellow light, turn left - Follow to end.
www.eaglebrook.org

Fay School, 48 Main St., Southborough, MA 01772 508-485-0100
Rte 128/95 to Rte 9W (Exit 208) - Right on Rte 85N - Follow to Intersection (about 1 mi) - Left on Rte 30 (Main St.) - School 2 blocks on left. Hockey played at St. Mark's School or at rink in Westboro. www.fayschool.org

Fenn School, 516 Monument St., Concord, MA 01742 978-369-5800
Rte 128/95 to Rte 2W(Exit 29B) - Continue straight to Concord Center when Rte 2 takes a sharp turn to the left - Follow to Concord Center - Through Concord Center - Right on Monument St. (by Johnny Appleseed's) - School 1 mi. on right. www.fenn.org

Fessenden School, 250 Waltham St., W. Newton, MA 02165 617-964-5350
Rte 128/95 to Rte 16E (Exit 218) - Follow to W. Newton Sq. - Left on Waltham St. - School on right (.25 mi). www.fessenden.org

***Governor's Academy**, 1 Elm St., Byfield, MA 01922 508-462-8643
Directions from the South: Take Interstate 95 North to Exit 55, Central Street, Byfield. Follow the red Governor Dummer Academy signs that mark the route: From the ramp, turn right onto a winding road. Stay on Central Street and cross a small bridge. Central St. becomes School St. Follow to the end. Turn left onto Elm Street and travel one mile before turning left onto the campus at the GDA signs. www.gda.org

***Groton School**, Farmers Row, Groton, MA 01450 508-448-3363
Rte 128/95 to Rte 2W (Exit 298) - At Concord rotary, follow Rte 2A & Rte 119 to Littleton Center - Continue on Rte 119 through Groton Center (approximately 6 mi) - At fork, bear left on Rte 111 & Rte 225 - Left on Pleasant St. (Rte 111) - Left on Farmers Row. Crew boathouse on Nashua River on far side of campus - start at boathouse. www.groton.org

Hotchkiss School, Interlaken Rd., Lakeville, CT 06039 203-435-2591
Rte 128/95 to Rte 90W (Exit 25 - Mass Pike) - Follow to Lee exit - Take Rte 102W to Stockbridge - Take Rte 7S to Canaan, Conn. - Take Rte 44W to Lakeville - Go south on Rte 41 - School on right at blinking light and junction of Rtes. 41 and 112. www.hotchkiss.org

***Lawrence Academy**, Powder House Rd., Groton, MA 01450 508-448-6535
Rte 128/95 to Rte 2W (Exit 298) - At Concord rotary, follow Rte 2A & Rte 119 to Littleton Center -Continue on Rte 119 approximately 6 miles - School on right before Groton Center. Cancellations: 617-369-7323. www.lacademy.edu

Lexington Christian Academy, 48 Bartlett Ave., Lexington, MA 02173 617-862-7850
Rte 128/95 to Rte 2E (Exit 29A) - Take Pleasant St. exit (Rtes 4 & 225) - Bear left as Rtes. 4 & 225 merge with Rte 2A - just past Wilson Farms) - Right at Maple St. (gas station) - Right on Lowell St. (at lights) - Second right onto Bartlett Ave. www.lexchristian.org

Meadowbrook School, 10 Farm Road, Weston, MA 02493-2493 781-894-1193
Take 128/95 North to Rte 20. Follow the signs to Rte 20 West (looping over 128/95). Proceed toward Weston (West) on Rte. 20. Take first left onto Summer St. Third right is Farm Road. Follow signs for Meadowbrook School. www.meadowbrook-ma.org

***Middlesex School**, 1400 Lowell Rd., Concord, MA 01742 978-369-2550
Rte. 128/95 to Rte 2W (Exit 29B). Continue straight toward Concord Center: proceed straight to the Colonial Inn. Left at Colonial Inn and then quick right around Inn onto Lowell Rd.; School 2.7 miles on right. Crew boathouse on campus - finish line at boathouse.
www.middlesex.edu

***Milton Academy**, 170 Centre St., Milton, MA 02188 617-698-7800
From Boston- Take I-93 south to Exit 10, Squantum Street, Milton. Turn right at yellow blinker. Go 2/10 mile to traffic light, then bear left onto Centre Street. Milton Academy is just after the second traffic light. From Mass Pike- Rte 128/95 to Rte 28N (Exit 58, Randolph Ave.) - Left at

third traffic light onto Centre St. - School on right. Sailing from Community Boating on Storrow Drive across from Mass. General Hospital.
Gym/rink: 617-698-0134

www.milton.edu

Moses Brown School, 250 Lloyd Ave., Providence, RI 02906 401-831-7350

Take 95 south to exit 24 (Branch Avenue) bearing left at the end of the exit. Continue straight to the light, staying to the far right. Proceed through light. (You will pass a fire station.) This will take you onto North Main Street. Continue straight through three sets of traffic lights. At fourth light, get into the far left lane and take a left onto Olney Street. Continue straight on Olney until you come to the traffic light. At the light, take a right onto Hope Street. Continue on Hope Street, bearing left at fork in road. At the next traffic light, left onto Lloyd Avenue. School entrance is located on the left between the brick pillars. www.mosesbrown.org

Nashoba Brooks School, 200 Strawberry Hill Rd., Concord, MA 01742 978-369-4591

From Rte 128/95 take Rte 2 West. Follow Rte 2 West 3.4 miles to second stoplight. Stay in far right lane as Rte 2 turns left (sign reads "Concord Center Right Lane"), and drive straight through intersection. Continue 1.3 miles to stop sign. Bear left at stop sign and follow Lexington Road into Concord Center. Proceed straight toward the Colonial Inn. With the Inn immediately in front, bear left and take a quick right onto Lowell Road. Continue 1.2 miles to stop sign. Turn left onto Barrett's Mill Road and follow it 0.7 miles. Turn right onto Strawberry Hill Road. School is 0.4 miles on right. www.nbsc.org

Newton Country Day School, 785 Centre St. Newton, MA 02159 617-244-4246

Rte 128/95 to Rte 30E (Exit 24A - Commonwealth Ave.) - Left onto Centre St. (by Ski & Tennis Chalet) - Pass Boston College Newton campus (on left) - School on left.

www.newtoncountryday.org

***Noble & Greenough School**, 507 Bridge St., Dedham, MA 02026 781-326-3700

Rte 128/95 to Rte 18 (Exit 18) - Right toward W. Roxbury (Needham St.) - At fork (St. Suzanna's Church on right), bear right onto Pine St. - School is .25 mi on right. Crew

boathouse on campus - finish on Charles River 0.25 mi North of Dedham traffic circle opposite Dedham Mall on Rte.1. www.nobles.edu

Park School, 171 Goddard Ave., Brookline, MA 02146 617-277-2456

Rte 128/95 to Rte 9E (Exit 20A) - Right on Lee St. at Brookline Reservoir - Lee continues into Clyde St. Follow past The Country Club - Left at lights on Newton St. - Bear left at fork onto Goddard Ave. Hockey played at Larz Anderson Rink opposite School and at Dexter Rink on Newton St. www.parkschool.org

Phillips Academy, Andover, South Main St., Andover, MA 01810 508-475-3400

Rte 128/95 to Rte 93N - Continue to Rte 125 (Exit 41) - Follow Rte 125 for approximately 2 miles - Left onto Rte 28N - School on right (approximately 4 mi). Crew on Merrimack River at Greater Lawrence Vocational HS, Eastern River Rd. (River Road exit from Rte 93N - East for about 12 miles to Vocational School - Left on dirt road to left of HS - course passes in front of boathouse). Sailing from Community Boating on Storrow Dr. across from Mass. General Hospital

www.andover.edu

Phillips Exeter Academy, 60 Front St., Exeter, NH 03833 603-722-4311

Rte 128/95 to Rte 95N - Take last exit before toll (Exeter/Hampton) - Follow signs to town of Exeter - Left at bandstand - Follow to Front St. Crew on Squamacolt River at far end of campus - finish line near boathouse. www.exeter.edu

Pingree School, Highland St., S. Hamilton, MA 01982 508-468-4415

Rte 128/95 to Rte 1A (Exit 20N) - Follow through Wenham - Left on Arbor St. at white church - Arbor St. continues to Highland St. in Hamilton - School on right approximately 1 mi past Sunoco gas. www.pingree.org

Portsmouth Abbey School, Cory's Lane, Portsmouth, RI 02871 401-683-2000

Rte 128/95 to Rte 24S - Follow to Rte 114 (Newport exit) - Proceed up hill to traffic light - Right - School sign at light. Sailing from Bend Boat Basin, Narragansett Bay.

www.portsmouthabbey.org

Providence Country Day School, 2117 Pawtucket Ave., E. Providence, RI 02914

401-436-5170 Rte 128/95 to Rte 95S to Rte 195 around Providence. Take Rumford exit (Exit 8) Right at overboard traffic light. Left at next traffic light. School is first driveway on right.

www.providencecountryday.org

***The Rivers School**, 333 Winter St., Weston, MA 02193 781-235-9300
Rte 128/95 to Rte 9W (Exit 2908) - Rt. on Weston Rd. (approximately 5 mi) - Left on Bogle Rd. about 2 mi to end - Rt. on Winter St.
www.rivers.org

***Roxbury Latin School**, 101 St. Theresa Ave., W. Roxbury, MA 617-325-4920
Rte 128/95 to Great Plain Ave. (Exit 18) - Right toward W. Roxbury - At fork (St. Suzanna's Church on right), bear left (Needham St.) - Follow to Rte 109, crossing Rte 1 - Left on Rte 109 onto Bridge St - Bridge turns into Spring St. - Right at St. Theresa's Church on St. Theresa's Ave. School on right, up hill. Hockey played at Dexter School rink. www.roxburylatin.org

***St. George's School**, Purgatory Rd., Middletown, RI 02840 401-847-7565
Rte 128 to Rte 24S - Follow over Tiverton Bridge on Rte 114 (past Ramada Inn and Raytheon) Left on Valley Rd. (at Newport Furniture) Continue for approximately 4 mi. At water take left up hill to School (on left). Sailing from Ida Lewis Yacht Club. www.stgeorges.edu

***St. Mark's School**, 25 Marlborough Rd., Southborough, MA 01772 508-485-0050
Rte 128/95 to Rte 9W (Exit 20B) - Right on Rte 85N. Follow to intersection (approximately 1 mi) Straight through lights - School on right (1 mi).
www.stmarksschool.org

***St. Paul's School**, 325 Pleasant St., Concord, NH 03301 603-225-3341
Interstate 93 North (approximately 66 miles) to I-89, just south of Concord. Follow I-89 North to Exit 2, Clinton Street; turn left onto Clinton Street at end of ramp. At the next intersection (yellow blinking light) turn right onto Silk Farm Road. Continue straight until the road ends at a T-junction marked by a stop sign. Turn right onto Dunbarton Road. www.sps.edu

***St. Sebastian's Country Day**, 1191 Greendale Ave., Needham, MA 781-449-5200
Rte 128/95 to Great Plain Ave. (Exit 18). Left toward Needham - Left at first traffic light by St.Bartholemew's Church onto Greendale Ave.
www.stsebs.org

Shady Hill School, 178 Coolidge Hill Rd, Cambridge, MA 02138 617-868-1260
Follow Mt. Auburn Street towards Watertown, cross the intersection of Rte 2. Turn left at the next traffic light (Coolidge Ave.) - Go 3 blocks and take third left at driveway marked by a Shady Hill Gym sign. www.shs.org

Shore Country Day School, 545 Cabot St., Beverly, MA 01910 508-927-1700
Rte 128/95 to 1A (Exit 20S) - Past fire station on right Bear left on Rte 1A (Cabot St).
www.shoreschool.org

Southfield School, 20 Newton St., Brookline, MA 02445 617-522-5544
Rte 128/95 to Rte 9E (Exit 20A)-Right on Lee St. at Brookline Reservoir - Lee continue into Clyde past The Country Club - Left at lights onto Newton St. - Bear right at fork - Right onto St. Paul's Ave. School is on right. www.southfield.org

Tabor Academy, Front St., Marion, MA 02738 508-748-2000
Rte 128/95 to Rte 24S - Proceed to Rte 495S - Follow to Rte 195W - Marion exit (Exit 20) from Rte 195 - Right at bottom of ramp - Proceed through traffic light onto Front St.
www.taboracademy.org

***Thayer Academy**, 745 Washington St., Braintree, MA 02184 781-843-3580
Rte 128/95 to Rte 3S - Exit at Union St. (Exit 17) - Bear right at bottom of ramp (Union St) - Right at second traffic light (Washington St.) - First left on Hobart St. to parking area. Girls' Hockey played at Pilgrim Arena, Hingham; Boys' Hockey played at Sports Complex, Canton. Sailing from Community Boating on Storrow Drive across from Mass. General.
www.thayer.org

Weston Middle and High Schools, 89 Wellesley St., Weston 781-899-0620
Mass. Pike west to the Weston interchange (Route 30); Follow Rt. 30 west about two miles. Pass the playing fields at the high school on the left. Turn left at the light on Wellesley Street. Turn into the third driveway on the left. www.westonschools.org

Winsor School, Pilgrim Rd., Boston MA 02215 617-735-9500
From Storrow Drive, Fenway/Kenmore Square exit Follow signs to Fenway Right onto Boylston St. Left on Brookline Avenue at Sears building Right onto Pilgrim Rd. School at bend in road on left. www.winsor.edu

Worcester Academy, Providence St, Worcester, MA 01604

508-754-5302

Rte 128/95 to Rte 90W (Exit 25 - Mass Pike) Follow to Exit 11 (Millbury/Worcester) After toll booth take left onto Rte. 122W (Grafton St.) Follow about 3 mi to Rice Square (Rte 122A). About 200 yards after Square, take left onto Dorchester St. Follow to top of hill - Right onto Providence St. - School on right (200 yards). Some fields are off campus- please call Worcester direct for exact locations.

www.worcesteracademy.org

Travel Time Table From BB&N

<i>SCHOOL</i>	<i>TOWN</i>	<i>TRAVEL TIME</i>
BANCROFT	WORCESTER	1HR 15MIN
BEAVER	CHESTNUT HILL	20 MIN
BELMONT HIGH	BELMONT	10 MIN
BELMONT HILL	BELMONT	15 MIN
BOSTON LATIN	BOSTON	20 MIN
BROOKS	NO. ANDOVER	1 HOUR
CAMBRIDGE FRIENDS	CAMBRIDGE	6 MIN
CAMBRIDGE SCHOOL		
OF WESTON	WESTON	25 MIN
CATHOLIC MEMORIAL	W. ROXBURY	25 MIN
CHAPEL HILL-CHAUNCEY HALL	WALTHAM	25 MIN
CONCORD ACADEMY	CONCORD	50MIN
CUSHING	ASHBURNHAM	1 HOUR
DANA HALL	WELLESLEY	25 MIN
DEDHAM COUNTRY DAY	DEDHAM	30 MIN
DERBY	HINGHAM	50 MIN
FAY	SOUTHBOROUGH	40 MIN
FENN	CONCORD	30 MIN
FESSENDEN	WEST NEWTON	20 MIN
FONTBONNE ACADEMY	MILTON	45 MIN
GOVERNOR DUMMER	BYFIELD	60 MIN
GREENWICH	GREENWICH, CT	2 HR 45 MIN
GROTON	GROTON	50 MIN
HEBRON	HEBRON, ME	3 HOURS
HOLDERNESS	PLYMOUTH, NH	2 HOURS
LANDMARK	PRIDES CROSSING	1 HOUR
LAWRENCE	GROTON	45MIN
LEXINGTON CHRISTIAN	LEXINGTON	25 MIN
LOOMIS CHAFFEE	WINDSOR, CT	1 HR 45 MIN
MATIGNON	CAMBRIDGE	15 MIN
MEADOWBROOK	WESTON	25 MIN
MIDDLESEX	CONCORD	50 MIN
MILTON	MILTON	50 MIN
MOSES BROWN	PROVDENCE, RI	1 HR 25 MIN
MOTHER CAROLINE ACADEMY	DORCHESTER	25 MIN
NASHOBA BROOKS	CONCORD	35 MIN

<i>SCHOOL</i>	<i>TOWN</i>	<i>TRAVEL TIME</i>
NATIVITY PREP	ROXBURY	25 MIN
NEWTON COUNTRY DAY	NEWTON	15 MIN

NOBLES	DEDHAM	25 MIN
PARK	BROOKLINE	20 MIN
PHILLIPS ANDOVER	ANDOVER	50 MIN
PHILLIPS EXETER	EXETER, NH	2 HR 10 MIN
PINGREE	SOUTH HAMILTON	50 MIN
POMFRET	POMFRET, CT	1 HR 10 MIN
PORTSMOUTH ABBEY	PORTSMOUTH, RI	1 HR 25 MIN
PROVIDENCE COUNTRY DAY	PROVIDENCE, RI	1 HR 20 MIN
RIVERS	WESTON	30 MIN
ROXBURY LATIN	WEST ROXBURY	25 MIN
SOUTHFIELD SCHOOL	BROOKLINE	20 MIN
ST MARK'S	SOUTHBOROUGH	50 MIN
ST PAUL'S	CONCORD, NH	2 HRS
ST SEBASTIAN'S	NEEDHAM	25 MIN
TABOR	MARION	1 HR 25 MIN
TENACRE	WELLESLEY	25 MIN
THAYER	BRAINTREE	50 MIN
WESTON	WESTON	30 MIN
WESTWOOD	WESTWOOD	30 MIN
WINSOR	BOSTON	25 MIN