



COVENANT DAY SCHOOL ATHLETICS

2018-19 Winter Sports Information

General information for all Winter Teams:

Paperwork:

- All athletes must have a current physical (within the last year), parent permission form, signed concussion statement, and the \$25 supplemental athletic insurance payment submitted through the Magnus portal prior to the first day of tryouts/practice.
- Questions about the Magnus portal should be directed to Jennifer Harding at jharding@covenantday.org.
- Contact Sherry Kapelar or Marty Parrish if you have questions about winter sports: skapelar@covenantday.org (704-814-1072); mparrish@covenantday.org (704-814-1083)

Varsity Cheerleading:

- For students in grades 9 – 12.
- Tryouts will begin October 31 in the HS Student Commons.
- Athletes should meet coaches in the HS Student Commons at 3:30 PM.

Middle School Cheerleading:

- For students in grades 7-8.
- Tryouts will begin October 31 in the Lower School Cafeteria.
- Students should meet coaches in the lobby of the Main Gym immediately after school.

Varsity Swimming:

- For students in grades 9 – 12.
- First day of practice is October 29 @ Carrington Swim and Racquet Club.
- Athletes should meet Coach Orsillo and Coach Bradshaw at the bus pick up area.
- Bus departs campus 3:30 PM and returns around 5:45 PM.

MS Swimming:

- For students in grades 7-8.
- First day of practice is October 29 @ Simmons YMCA.
- Athletes should meet Coach Juliana Jones in the bus pick up area.
- Bus departs 3:30 PM and returns around 5:45 PM.

General guidelines for Basketball teams:

- Each team will have a roster cap which will be determined by Coach and Athletic Director.
- Tryouts are typically held over a two or three-day period, but may vary based on the availability of students participating in the musical.
- Students are expected to attend each day of the tryout.
- Coaches develop criteria by which each student will be judged on an individual basis.
- Students are only evaluated based on performance during the tryout period.
- Students who are injured during the tryout process or who are not able to begin the tryout process may begin/finish tryouts at a later time with the following guidelines:
 - Injury must be documented by our Athletic Trainer.
 - Student must attend tryouts/practices unless he/she is receiving treatment or performing rehabilitation on the injury.
 - Student and parents must understand the injured student is not guaranteed a position on the team once the injury heals.
 - An injury requiring lengthy treatment/recovery may prohibit the student from trying out at a later time. Athletic Director will determine the deadline for injured student to return to the team to complete tryouts.
- Students must wear basketball appropriate shoes (no running shoes or similar).

Middle School “A” and “B” Boys Basketball

- Tryouts begin October 22, 3:30 – 5:30 PM. Location TBD, so please have athletes meet in the Main Gym lobby.
- Students in grades 7-8 may tryout.
- Athletes should meet Coach Umazar and Coach Phelps in the lobby of the Main Gym.
- Any 7th-8th grader planning to tryout who is involved in the musical should e-mail or speak with Coach Parrish prior to the start of tryouts (mparrish@covenantday.org).

Middle School Girls Basketball

- Tryouts begin October 22, 3:30 – 5:30 PM in Auxiliary Gym.
- Students in grades 7-8 may tryout.
- Athletes should meet the coaches in the Auxiliary Gym immediately after school.
- Any 7th-8th grader planning to tryout who is involved in the musical should e-mail or speak with Coach Parrish prior to the start of tryouts (mparrish@covenantday.org).

V and JV Boys Basketball

- Tryouts begin October 29, 5:00 – 7:00 PM in the Main Gym.
- Students in grades 9-12 may tryout. (JV is for grades 9-10, Varsity is for grades 9-12)
- Athletes should meet the coaches no later than 5:00 PM in the Main Gym.

V and JV Girls Basketball

- Practice begins October 29, 5:00 – 7:00 PM in the Auxiliary Gym.
- Students in grades 9-12 may participate. (JV is for grades 9-10, Varsity is for grades 9-12)
- Athletes should meet the coaches no later than 5:00 PM in the Auxiliary Gym.