



2016 Winter Update #2: Friday, October 28, 2016

Dear Lancaster Country Day School Students and Families,

As we gear up for the winter season, it is important to recognize the great fall season we had and are still having as a school. Four of our varsity teams qualified for the district tournament. We have student-athletes representing us well as they compete in the state tournaments as well. Thank you to our student-athletes who have learned to balance their time and proudly wear the LCDS colors competing for our school.

General information:

Paperwork

The registration deadline for winter athletics has passed. If your son or daughter is still interested in signing up, please encourage them to see me. The [Athletic Registration and Forms Page](#) connects you with any information needed for your son or daughter to play sports. Students playing sports at the 7/8 or Upper School level need to have a [PIAA Physical](#) on file. 5th & 6th grade student-athletes only need a PIAA physical if they are playing on a combined Middle School team (squash).

Each student-athlete also needs an [Online Medical Form](#) completed. All student-athletes in grades 7, 9, and 11 or brand new student-athletes to LCDS are required to take an [ImPACT concussion test](#). Make sure to allow pop-ups through your computer settings and enter the code: CCBA6A64F8. For additional information, please visit the [Athletics Registration and Forms Page](#). Once a MS or US student-athlete completes his first season of play (fall), he must submit this [PIAA Recertification form](#) (Section 7) to participate in the next season. If the recertification form indicates any injuries during the first season, this [PIAA Physician's Recertification Form](#) (Section 8) must be turned in as well. Please review the [Registration and Eligibility Paperwork List](#) to make sure no documentation is missing. **All forms should be turned in by Friday, November 11, 2016.**

Athletics are a great way to develop some of the essential teamwork, sportsmanship, and leadership skills that will help you through life. The opportunity to compete and have fun while working toward the same cause is one that we encourage all students to take advantage of while at LCDS. If you have friends thinking about signing up, encourage them to become a member of a team. It is a great way to round out an educational experience.

Apparel

The Winter Apparel Site is now closed. The apparel ordered should arrive prior to the beginning of practices in mid-November. Once the orders arrive, everything will be put into the lockers of student-athletes.

The table below has specific needs for each team for the season. Apparel will then be able to be picked up at LCDS. If you missed the deadline, the athletics office has several short-sleeve and long-sleeve program t-shirts available for purchase.



Schedules:

Game schedules

As mentioned in the fall, we have made a shift to use ArbiterLive for scheduling. Varsity Basketball game schedules are posted and can be accessed through the [Athletics Overview](#) page under [Schedules](#). A commitment has been made to play as many of our games earlier in the evening. All of our Upper School Varsity basketball games will take place at 5:00 pm & 6:30 pm. Varsity Squash schedules are still being built. Middle School basketball schedules are also almost complete. It is important that we maintain the commitment to use active scheduling for the middle school teams to provide as many appropriate match-ups as possible. Each Friday, as part of a school email, we will send out the upcoming week's game schedule. I encourage everyone to come out and support their fellow Cougars throughout the season!

Practice schedules - Upper School Sports

Upper School basketball practices will begin on Friday, November 18. We will continue the overlapping model to allow all student-athletes to catch late buses. Girls Upper School Basketball will practice first and Boys Upper School Basketball will practice second. Please review the [gym schedule](#) for your practice times.

Squash team members, continue to review information sent out by Mr. Miller regarding the squash season.

Practice schedules - Middle School Sports

Practice schedules are being developed. 7/8 basketball has four contact days a week while 5/6 basketball will have two to three contact days a week. 7/8 teams begin on Tuesday, November 29 and 5/6 teams will begin practicing on Monday, December 5. Please review the [gym schedule](#) for your practice times.

Co-Op Sports:

If you are playing this winter for McCaskey or Penn Manor, I am excited that you will be carrying the banner for LCDS and representing us well, even if it is in a different uniform. The coaches should be reaching out to you regarding start dates and any information. **Please fill out the [Winter Co-Op Transportation Form](#) if you are playing a winter sport at McCaskey, whether you need transportation or not. An accurate list is vital for having appropriate coverage.**

Additional Information:



Pre-Season Opportunities

Various coaches may be contacting you regarding pre-season or out of season opportunities to get some additional practice or game opportunities. These opportunities range from clinics, to pick up games, to out of season leagues. Each option is optional, but a great way to get a jump on the season if you have the time. Please be on the lookout for these emails from coaches.

Twitter

Lancaster Country Day School Athletics now has a Twitter account. The page is LCDS Athletics with the handle @LCDSsports. Feel free to follow us. This is a great way to get in-game LCDS scores, see what teams are playing for the day, and read various articles in the world of sports.

Cougar Club

Our booster club is extremely supportive of our athletic program with its mission is to enhance the experience for coaches, student-athletes, & fans. If you are interested in joining, you may sign up at the cookout or through the [Cougar Club Web Page](#) by going to [Become A Member](#).

If you have additional questions, please feel free to contact me (hannisa@lancastercountryday.org) or Hilary Waltman (waltmanh@lancastercountryday.org), our assistant athletic director.

Regards,

Austen C. Hannis

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