



## 2017 Spring Sports Update #1: Friday, January 13, 2017

Dear Lancaster Country Day Student-Athletes and Families,

After a strong showing this fall with four District III playoff appearances, our winter season has continued to carry positive momentum. Boys & Girls basketball have put together nice win streaks while squash is competing against some of the best talent in throughout the region. In addition, some of our student-athletes are making waves in the pool for McCaskey swimming, running for McCaskey indoor track, and cutting up the ice for Penn Manor's Ice Hockey team. They have represented LCDS well even though they are not wearing the LCDS colors. Feel free to look at some of the [photos](#) taken this year. If you have taken photos and are comfortable sharing, I would like to post them on our page.

We are working to make final preparations for the spring season so please read the following carefully.

---

### **General information:**

#### **Paperwork**

If you have not yet registered for spring athletics, please do so as soon as possible. Even if you noted on your course selection sheet that you intended on playing, you still need to make sure you signed up through the registration link. The [Spring Sports Registration Link](#) provides an easy sign up for the season. **The deadline for signing up for a spring sport is: Sunday, February 12, 2017.** 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.

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. **All forms should be turned in by Wednesday, March 1, 2017.**

3rd, 4th, 5th & 6th grade student-athletes **do not need a PIAA physical form, but all Non-LCDS student-athletes (Grades 3-12) will need the [Online Medical Form](#).**

If you are a non-LCDS student in grades 7-12, LCDS will need a copy of the PIAA if you played a fall or winter sport. If you played a previous sport, you need to fill out a re-certification form (sect 7) signed by parent and student-athlete. If you sustained an injury that required a doctor visit, you need section 8 signed by treating physician clearing them to return to play.

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.



Once we pass the February 12 deadline, a paperwork document will be posted on the Athletics Registration and Forms page.

**Apparel**

The Spring Apparel site and Boys Lacrosse Apparel site will be open on Friday, January 20 close on Sunday evening on February 5. The link will be sent out next Friday. You **will not** have another opportunity to order spring gear needed for practice, games, or additional spirit gear.

**2017 Spring Athletics**

Everyone is encouraged to purchase LCDS Athletics Apparel to show school spirit. All items are great options. If you are looking for something that says Cougar Lacrosse – Take a look at the Boys Lacrosse Apparel Store.

<b><u>Team</u></b>	<b><u>LCDS Provides</u></b>	<b><u>You Provide</u></b>
<b>US Boys Lacrosse</b>	<ul style="list-style-type: none"> <li>- Game Uniform</li> <li>- Practice Pinnie</li> </ul>	<ul style="list-style-type: none"> <li>- Program T-shirt through lax store</li> </ul>
<b>US Girls Lacrosse</b>	<ul style="list-style-type: none"> <li>- Game Uniform</li> <li>- Practice Pinnie</li> </ul>	<ul style="list-style-type: none"> <li>- Team apparel ordered through Coach Kolva</li> </ul>
<b>7/8 Boys Lacrosse</b>	<ul style="list-style-type: none"> <li>- Game Jersey &amp; Shorts</li> <li>- Practice Pinnie</li> </ul>	<ul style="list-style-type: none"> <li>- Program T-shirt through lax store</li> </ul>
<b>7/8 Girls Lacrosse</b>	<ul style="list-style-type: none"> <li>- Game Jersey &amp; Skirt</li> <li>- Practice Pinnie</li> </ul>	<ul style="list-style-type: none"> <li>- None</li> </ul>
<b>3/4 &amp; 5/6 Boys Lacrosse</b>	<ul style="list-style-type: none"> <li>- Jersey for games &amp; practices</li> </ul>	<ul style="list-style-type: none"> <li>- Black shorts (#3 from Apparel site or own black shorts)</li> <li>- Program T-shirt (Angelo's)</li> </ul>
<b>3/4 &amp; 5/6 Girls Lacrosse</b>	<ul style="list-style-type: none"> <li>- Jersey for games &amp; practices</li> </ul>	<ul style="list-style-type: none"> <li>- Black Shorts or skort (#3 or #7 or own black shorts or skort)</li> </ul>
<b>US Boys Tennis</b>	<ul style="list-style-type: none"> <li>- Match shirt</li> <li>- Match shorts</li> <li>- Travel Suit</li> </ul>	<ul style="list-style-type: none"> <li>- SS (#1) or LS (#2) for travel &amp; warm ups</li> </ul>



**Schedules:**

**Game Schedules**

We have made a shift to use [ArbiterLive](#) for scheduling. Varsity Boys & Girls Lacrosse game schedules and Varsity Boys Tennis matches are posted and can be accessed through the [Athletics Overview](#) page under [Schedules](#). 7/8, 5/6, & 3/4 Boys & Girls Lacrosse schedules are being created and should be posted by the middle of February. 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**

The first official practice date set by the PIAA for Upper School teams is Monday, March 6. Coaches from their respective teams will contact you regarding the day they choose to start.

The first possible start date for 3/4, 5/6, and 7/8 teams will be after the LCDS spring break ends - Tuesday, March 14. Coaches will communicate the actual start time once the numbers are officially set. The current practice schedule is as follows. Adjustments may still be made.

***Practice Schedules***

<b>Team/Day:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>7/8 Boys Lacrosse</b>	Practice	Practice	OFF	Standard Game Date	Practice	
<b>7/8 Girls Lacrosse</b>	Practice	Practice	OFF	Practice	OFF	Play Date
<b>5/6 Boys Lacrosse</b>	OFF	Standard Game Date	Practice	Practice	OFF	
<b>5/6 Girls Lacrosse</b>	OFF	Practice	OFF	OFF	Practice	Play Date
<b>3/4 Boys Lacrosse</b>	Practice	OFF	Standard Game Date	OFF	Practice	
<b>3/4 Girls Lacrosse</b>	OFF	Practice	OFF	Practice	OFF	Play Date

---

**3/4 & 5/6 Boys and Girls Lacrosse Fees**



Similar to the last five years, there is a fee associated with playing 3/4 and 5/6 boys and girls lacrosse. There are significant league fees and tournament fees for a team to play in the league. **The fee to play this year is \$75.** Please send a check made out to LCDS Athletics with the memo line stating \_\_\_\_ (Lacrosse level) lacrosse fee.

#### **Additional Information:**

#### **Co-Op Sports**

If you are playing this spring for McCaskey, 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 [Spring Co-Op Transportation Form](#) if you are playing a spring sport at McCaskey, whether you need transportation or not.**

#### **Pre-Season Opportunities**

Various coaches may be contacting you or have already contacted 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 has a Twitter account - @LCDSsports. This is a great way to get in-game LCDS scores, see what teams are playing for the day, see cancellations, and read various articles in the world of sports. If you are on Twitter, please follow us.

If you have additional questions, please feel free to contact me ([hannisa@lancastercountryday.org](mailto:hannisa@lancastercountryday.org)) or Hilary Waltman ([waltmanh@lancastercountryday.org](mailto:waltmanh@lancastercountryday.org)).

Regards,

Austen C. Hannis, CMAA