



THE PARK SCHOOL of BALTIMORE  
**DEPARTMENT of ATHLETICS**

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Dear Middle School Students and Families,

Bruins! We trust that you have been taking advantage of the summer months doing a combination of recharging and working to improve your game and approach! We, the Athletic Leadership Team (Dia Clark '06, Director of Athletics, Boys' Program and Robin Cardin Lowe '84, Director of Athletics, Girls' Program), are doing the same over here in the athletic center, but still have one eye on the future as we prepare to build on a very solid foundation laid last fall. We are very excited as we map out our upcoming practice and game schedules, and whether you are a potentially new, or returning student-athlete, we can't wait for you to be back on campus for the fall preseason!

Our collective goal is to provide positive and significant experiences for all students who participate in our program. There is no better place to learn life's lessons than on an athletic field, court, or course. Cooperation, leadership, emotional control, confidence, resilience, and commitment are just a few of the numerous benefits that participation on a team can help instill or develop. We want to challenge students to take chances with advanced training techniques, with new sports, and with new roles on teams, and also to compete outside their comfort zones. As you hopefully prepare for your Upper School career as a student-athlete, we encourage everyone to try a sport this year, regardless of experience. There is a place for everyone in our program!

**Fall Sport Offerings:**

This fall we offer teams in:

- Cross Country (coed)
- "A" and "B" (number dependent) Soccer (boys)
- "A" Soccer (girls)
- "A" Field Hockey (girls)

Additional information about our athletic offerings is located online [here](#). Please note that all students interested in participating in a fall sport are encouraged to do so.

**Students wishing to participate in P.E. class and athletics must have completed health forms on file prior to arriving on campus. No student will be allowed to participate without these completed forms.**

**For more information about the various aspects of our program, we encourage you to take some time to review our [Athletics Handbook](#) as well as our [Concussion Policy](#).**

**Parents:** Please mark your calendars for **Wednesday, September 6 at 7:15 p.m. for our Parent/Coaches Meeting via Zoom**. This is a highly recommended opportunity for you to meet with your child's coach. Coaches will happily present their experience, coaching philosophy, expectations for the season, and will provide time to answer questions. At this meeting, prior to speaking with coaches, you will hear from the Athletic Directors about programmatic details and expectations.

Here's to a welcomed and fulfilling 2023-2024 year!

Strive On!

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