



THE PARK SCHOOL of BALTIMORE

DEPARTMENT of ATHLETICS

Dear Upper School Students and Families,

We hope you are taking in the slower pace and change that summer brings, and safely enjoying whatever it is that brings you joy and restoration. You certainly deserve it... 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!

A little bit of background about what our aim is: Our collective goal is to provide positive and significant development experiences for each student who participates in the athletic program. We are here to help you use athletics as a vehicle to self-discovery: 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 many benefits that participation on a team can help instill and develop. We want to challenge students to take chances with advanced training techniques, with new sports, and with different roles on teams, and also with an opportunity to compete outside their comfort zones. All students are encouraged to try a sport this year, regardless of experience. We work hard to try to ensure that our students are supported by coaches to meet them where their current skill level is, and to find a placement for every student within our program.

Fall Sport Offerings:

This fall we will offer teams competing in both the IAAM (girls' league) and MIAA (boys' league). We will offer: Cross Country (IAAM and MIAA), Varsity and JV tennis (IAAM), Varsity and JV Soccer (MIAA), Varsity and JV (if numbers support) Soccer (IAAM) and Varsity and JV (if numbers support) Field Hockey (IAAM) and Varsity Volleyball (IAAM). Please note that all students interested in participating in a fall sport are encouraged to participate in our preseason sessions. Additional information about our athletic offerings is located online [here](#). Preseason information is available online [here](#).

Any student wishing to participate in preseason activities must have completed health forms on file (uploaded in Magnus Health) 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 exciting 2023-2024 year!

Strive On!

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