



THE PARK SCHOOL of BALTIMORE

DEPARTMENT of ATHLETICS

Dear Middle 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 are busy in Athletics restructuring, hiring, and working excitedly to prepare for another fun and competitive year of Middle School sports. 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.

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, with new roles on teams, and to compete outside their comfort zones. We encourage everyone to try a sport this year, regardless of experience. There is a place for everyone in our program!

This fall we will offer teams in Cross Country (coed), "A" Field Hockey (girls), "A" and "B" Soccer (boys), and "A" Soccer (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 as long as they are able to commit to that sport's daily practice schedule.

Any student wishing to participate in athletic activities must have completed health forms on file prior to arriving on campus. No student will be allowed to participate without these completed forms. Additionally, vaccination status must be updated.

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 3 at 7:30 p.m. for our Parent/Coaches Meeting via Zoom**. We encourage you to take this opportunity to meet (virtually) with your child's coach. Coaches will happily present their experience, coaching philosophies, expectations for the season, and will provide time to answer questions. At this meeting, prior to speaking with coaches, you will also be able to hear from the Athletic Director about programmatic details and expectations.

Here's to a welcomed and exciting 2025-2026 year!

Strive On!

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