



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 are busy in Athletics restructuring, hiring, and preparing to build on a very solid foundation laid last fall. We are excited to share with you our upcoming practice and game schedules. 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, new sports, and different roles on teams, and also with opportunities to compete outside their comfort zones. All students are encouraged to try a sport this year, regardless of experience. We work hard 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), Varsity and JV (if numbers support) Field Hockey (IAAM), and Varsity and JV 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](#). Please note that all students interested in participating in a fall sport are encouraged to participate in our preseason sessions. Preseason information is available online [here](#).

Any student wishing to participate in preseason activities must have completed health forms 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. via Zoom** for our Parent/Coaches Meeting. We highly recommend you attend to meet (virtually) 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 Director about programmatic details and expectations.

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

Strive On!

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