



## Welcome to Middle School Sports: Go Spartans!

Middle School Sports are an integral part of our overall sports program at The Denver Waldorf School. We do not hold tryouts. Any student who wants to play can play! Our goal is to give each student enough facility with skills that they can enjoy playing even after high school. There will be a parent meeting scheduled prior to the start of each season. A sports fee will be required.

Our Athletic Director, Michael Quinn, oversees the sports program. His email address is [athletics@denverwaldorf.org](mailto:athletics@denverwaldorf.org) and you can reach him at the school by calling 303-777-0531 x 112, and his cell phone number is 303-746-4864.

Parent support is very important to the program and usually involves helping transport students to games and meets, volunteering to help with hosting home games by running the concession stand or keeping the clock and of course, providing a supportive cheering section.

Parents of children who play Middle School sports should be prepared for schedule changes and sometimes, a lot of driving. Developing carpools has been helpful to some families, since DWS does not provide support. Families should also be prepared for a great experience, seeing your child and their classmates in a whole new light.

### Fall Sports Season

#### Girls Volleyball

A volleyball camp will be held June 11-14 and June 17-21, 2019, 10am-12pm. The camp is optional and at an additional cost. Pre-season practice will be held the weeks of August 12<sup>th</sup> and August 19<sup>th</sup>. In general, we have two teams: A and B. The formation of these teams will take place during pre-season practice. Practice is held on campus, both indoors and outdoors. Games are held all over the Metro Area. There are sometimes Saturday tournaments.

Uniforms: Jerseys are provided (see below for uniform turn in policy). Families provide knee pads, shorts (these can be traditional spandex volleyball shorts of any length or looser fitting shorts in black or dark blue), and proper footwear.

**NO JEWELRY:** Do NOT get your ears pierced right before volleyball! It is a myth that you can cover them with band aids. You need to remove all jewelry for games!

#### Cross Country (Boys & Girls)

The team has optional practices throughout the summer three mornings per week. The cross country season begins late August and runs through October. The team practices 3 times a week during the season and participates in 5 to 7 meets.



Uniforms: Jerseys are provided by the school (see below for uniform turn in policy). Dark blue shorts can be purchased from the school or on your own. Runners need proper footwear.

## **Winter Sports Season**

**Basketball** (Boys & Girls): runs October-December

Basketball camp will be held: June 3-7, 2019.

Girls | 8:00 – 10:00

Boys | 10:00 – 12:00

The camp is optional and at an additional cost.

Depending on the number of students who came out for the team, we have an A and B team for both boys and girls. This takes a little time to sort out, and results in games being added to and deleted from the schedule.

Practice is held at our home gym. Games are held throughout the Metro area and are scheduled between 4-8 p.m. Practices are held twice per week during the season. There are sometimes Saturday tournaments.

Uniforms: Jerseys and shorts are provided by the school (see below for uniform turn in policy). Families need to provide proper footwear.

**NO JEWELRY:** Do NOT get your ears pierced right before basketball! It is a myth that you can cover them with band aids. You need to remove all jewelry for games!

## **Spring Sports Season**

**Ultimate Frisbee** (Boys and Girls)

Season runs from the end of February through the beginning of May. Practices are held twice a week, with games weekly.

Uniforms: Jerseys are provided by the school (see below for uniform turn in policy). Families will need to provide a white or light colored shirt (DWS logo preferred but not required), cleats, athletic shorts, appropriate clothing (warm fitness clothes), and water bottle.

## **Uniform Turn In Policy**

All provided uniforms must be returned to the school at the conclusion of the season. A \$75 fee will be assessed if a uniform is not returned.

9/11/2019