



**MIDDLE SCHOOL  
2018 FALL ATHLETICS  
Grade 6, 7, 8  
Starts Tuesday, September 4**

Practices are geared toward physical conditioning, skill development, as well as tactical and game strategy. Practice sessions generally run for one hour, beginning at 2:30. Beginning August 1 at the latest, dates and times of all practices and competitions will be available at the BigTeams.com site. You might prefer to access BigTeams from the NYA Teams & Schedules site.

**REMINDERS AND INFORMATION**

**Required Forms**

Please remember that all students must submit their health forms and the off-campus travel & athletic participation release *before* they are allowed to participate in athletics. These are available on the NYA website through the appropriate dropdown link (New Family Forms or Returning Family Forms) from the “**Parents**” tab. Every year multiple students are not allowed to participate in the first days of practice because we do not have their forms, so please submit them as soon as possible. All forms can be found on the NYA website.

**SUPPLIES LIST**

All athletes should have a labeled water bottle. Bring sunscreen for outdoor activities. Also, your family will need to supply the following:

**Cross Country, Boys & Girls:** Training shoes. Black shorts for competitions.

**Field Hockey:** Please refer to the high school informational newsletter

**Soccer:** Cleats, colored mouth guard, your own soccer ball, and shin guards - Shin guards *must* be stamped or labeled with the NOCSAE logo. Black shorts for competitions. \*Orange game socks.

**Tennis, Boys & Girls:** Court shoes, racket

\* NYA has game socks available for purchase at \$7 a pair and will charge the student’s account if you wish to obtain these through the school. Your daughter/son may pick these up during the first week(s) of the season.