



## SPRING 2019 UPPER SCHOOL ACTIVITIES

Preseason athletic practices are geared toward physical conditioning, skill development, as well as tactical and game strategy. All US students are required to attend all practices and contests.

**If you have a schedule conflict any day, it is the student-athlete's responsibility to contact the coach/supervisor.** First practice sessions:

### **Monday, March 18** thru Friday, March 22

Baseball, Pitchers & Catchers: 3:30 – 4:30

Softball, Pitchers & Catchers: Time tbd, Site: Cheverus HS

### **Monday, March 25** thru Friday, March 29

Baseball: 3:30 – 5:00

Lacrosse, Girls: 4:30 – 6:00

Lacrosse, Boys: 3:30 – 5:00

Softball: time tbd

Tennis, Boys: 3:00 – 4:00

Tennis, Girls: 4:00 – 5:00

Track & Field, B/G: 3:00 – 5:00

Gymnasium

Lewis (turf) Field

Lewis (turf) Field

@ \*Cheverus HS

Tennis Courts / Arena Weight Room

Tennis Courts / Arena Weight Room

Track Room

### REMINDERS AND INFORMATION

- When we get closer to the season, please refer to the [NYA Big Teams site](#) for additional practice times and locations.
- On campus practices, please park at the ice arena.
- \*Softball participants ride-share to Cheverus HS.

### SUPPLIES LIST.

All athletes should come prepared for the cold weather associated with early-season practices

**Baseball:** Athletic clothing, certified bat – if you have one, baseball glove, cleats, gym sneakers, optional batting gloves

**Tennis:** Athletic clothing, running sneakers, court shoes, racket, water bottle, warm-ups.

**Boys Lacrosse:** In addition to athletic clothing, a full set of boys' lacrosse equipment is required. This includes: boys lacrosse stick, lacrosse orange helmet, lacrosse gloves, shoulder pads, arm pads, rib pads (optional), athletic cup, and a mouth guard (not clear or white). Cleats are highly recommended.

**Girls Lacrosse:** Warm athletic clothing, a girls' lacrosse stick, protective goggles, and a mouth guard are required. Turf shoes are recommended, but other athletic shoes will suffice.

**Softball,** Must arrange own transportation to Cheverus HS. Athletic clothing, certified bat – if you have one, softball glove, cleats, gym sneakers, optional batting gloves

**Outdoor Track & Field:** Bring athletic clothing and be prepared for layering and outdoor exercise. Proper running shoes are a must, and depending on the weather gloves/mittens and a winter hat may be required.