



Spring 2017 MIDDLE SCHOOL ACTIVITIES

Practices are geared toward physical conditioning, skill development, as well as tactical and game strategy. Dates and times of all practices and competitions will be available at the ScheduleStar.com site.

First Practices

Monday, 3/20

Baseball	2:30-3:30	NYA Gym
Outdoor Track & Field	2:30-3:30	Gym Lobby
Girls Lacrosse	2:30-3:30	Lewis (Turf) Field
Boys Lacrosse	2:30-3:30	Lewis (Turf) Field

Supplies List

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

Baseball: Athletic shoes for practicing indoors, baseball/softball glove, athletic clothing, and a hat.

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

Girls Lacrosse: Athletic clothing, a girl's lacrosse stick, protective goggles, and a mouth guard are required. Cleats are recommended, but athletic shoes will suffice.

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