



LOUDOUN COUNTRY DAY SCHOOL

ATHLETIC DEPARTMENT

20600 Red Cedar Drive
Leesburg, Virginia 20175

Middle School Athletics Rules and Reminders 2019-2020

1. Middle School PE periods are Tues., Wed., Thurs., 1:55pm to 3:20pm. *Your class will start no later than 2:05 PM. During basketball season you may have later practices. You should be at your practice, ready to participate at 2:05 PM.*
2. All students should have a PE Uniform, shirt and shorts, proper footwear and PE bag *with their name on everything*. Students will keep their PE bags in their school locker.
3. Being prepared for PE means wearing your LCDS PE uniform shirt and shorts, athletic socks, cleats or tennis shoes, and any necessary equipment. Always be prepared to play indoors. *Game uniforms are reserved for games only and may not be worn for practice, even if a game is cancelled.* You are expected to wear your PE uniform for all regularly scheduled practices whether during your PE period or after school.
4. No jewelry is allowed, earrings must be removed, and hair must be out of your face, *before you come to PE.*
5. *Navy blue sweats or sweats that say LCDS are to be used for PE.* Please be prepared for cold weather.
6. All students are expected to attend PE and participate to whatever extent they are able. A note from the doctor or your parents is required if you are unable to fully participate due to an illness or injury. *You must communicate with your coach or teacher at the beginning of PE whether or not you are participating, in order to confirm plans.*
7. Games, meets, and matches are part of team play. If a schedule conflict exists such that you are unable to attend a game, please inform your coach ASAP, and preferably no later than one week in advance. Your grade will not be affected for missing games and your coaches will understand that you may have a conflict however you are responsible for informing them in a timely fashion.
8. If you will not be attending a game you will attend your team's study hall, if the game is home, and then go to regular dismissal. If your team has an away game you must coordinate with your coach to determine where you will be during PE period. If your parents plan to pick you up at the beginning of PE you are required to sign out and be picked up at the main office. *Your coach must know where you are.*
9. In order to play in a game, or participate in practice, you must be in school by 10:00 AM. Only the Head of the Middle School may make an exception to this requirement. (High School visits will be excused)
10. If you know in advance that you will be picked up early from practice your parents must sign you out at the main office for an early dismissal and pick you up at your practice location.
11. If you plan to go home from a game with a friend, your parents must write a note, email your coach, or speak directly to your coach by phone.
12. *Bring a water bottle to every practice and game.*
13. A bus will take students to games. If you miss the bus please go to the office.

- 14.** All players will receive game uniforms and will be expected to return them at the end of the season, clean and in good condition. In order to move on to your next sport, you will be required to have returned your uniform from the previous sport.
- 15.** *Cell phones may be taken to games but must be turned off. Permission to use your cell phone must come from one of your coaches.*
- 16.** 8th graders have back of the bus privileges, at the discretion of the coach. This privilege will exist as long as it is used respectfully.
- 17.** All students are responsible for all the necessary equipment. No one will be dismissed from games or practices until all equipment is picked up. Please be sure equipment is on the bus before taking a seat.
- 18.** Use of foul language is not allowed at any time. If used at practice, you will be asked to sit out. If used in a game, your game will be over, no exceptions.

Please sign and return the form shown below. Thank you!



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I have reviewed, and agree to abide by, the ***Middle School Rules & Reminders*** for the Physical Education Program for the 2019/2020 school year.

Student's Name: _____

Student's Signature: _____

Parent's Name: _____

Parent's Signature: _____

Turn this in on the first day of PE in order to be able to practice!