



Marsha Gaynor Lewis
Director

August 2010

Dear Parents and Student Athletes,

We hope you are enjoying a fabulous and safe summer. The new school year is approaching and we're looking forward to seeing all of your smiling faces soon. The Lewis School strives to provide our students with an innovative sports program for children of all ages. With the support and dedication of parents, coaches and players, our athletic department has flourished, offering many dynamic, well-rounded programs available to students throughout the entire school year. We know your continued support will ensure success in the coming seasons!

Brain research and studies have shown students who are involved in extracurricular activities are better able to maintain, enhance and strengthen their overall wellbeing, both in and out of the classroom. Our students' commitment to school athletics fosters a greater sense of value in belonging, which we know can lead directly to increased confidence and academic success as well as better sleep, memory retention and quality of life.

Congratulations to all of you who have been training on your own or in leagues, camps or on teams. We are excited to have you demonstrate your skills and hard work. If you have not been training, get started! You should be running 3-4 times per week, stretching and doing calisthenics. Soccer players should also be practicing their ball skills, passing, trapping, and shooting. We look forward to seeing both old and new faces on **Wednesday, September 1, 2010** for Soccer and Cross Country pre-season.

The following provides details regarding our fall sports offerings, as well as an outline of the other sports programs we are happy to make available to our students throughout the year. Please feel free to contact The Athletic Department with any additional questions.

Get psyched! Go Lewis Lions!

ATTENTION: All Upper School Students:

It is *required* that all Upper School students participate in at least *one* extracurricular sport at The Lewis School. This is to ensure that New Jersey State High School Physical Education Guidelines are met. *You may choose from the following programs:*

Soccer (Varsity, JV, Club)
Cross Country
Basketball (Varsity, JV, Club)
Basketball Cheerleading

Aquatics
Track and Field
Club Softball
Dance
Club Tennis

THE LEWIS SCHOOL SOCCER PROGRAM

Varsity and Middle School Teams

As we enter our fourteenth season this school year, we are looking for enthusiastic and hardworking athletes to help The Lewis Lions reach another winning season! Our returning players have been eagerly awaiting another amazing season and are anticipating new soccer athletes to join the team. Please report to pre-season training to show your desire and commitment to be on the team.

- Pre- season training will begin on **Wednesday, Sept. 1, 2010 - Tuesday, Sept. 7, 2010.** (No practice on Monday, September 6th in observance of Labor Day.) All players must report to the field at Community Park and be ready to start practice at 9:00 A.M., with pick-up at 11:00 A.M. at Community Park.
- Beginning on **Wednesday, September 8, 2010**, please follow the practice schedule below. Athletes will be picked up after practice at Community Park.

During the regular season, home games will take place at Community Park. Home game field will be determined as field scheduling is finalized. Students will walk/run with supervision to the park for practices and home games. After away games, students will be picked up from The Lewis School (Bayard Campus) at the assigned time. Please refer to the Away Game Direction Packet given to you at our parent soccer meeting. Parent volunteers will be needed for transportation to and from local away games. If you can help, please let the coaches know and/or complete the enclosed volunteer form. Thank you in advance for your help!

A Parent/Coaches soccer meeting is scheduled for **Thursday, September 16th** immediately following practice at 4:30 P.M. at Community Park. All Varsity and Middle School games are mandatory. If age/ability is appropriate, some players may get the opportunity to play for both teams. At the very least, all will participate in pre-game warm up.

- **Pre-Season: September 1st - 7th**
- **Regular Season: September 8th- October 29th**
- **Lewis Invitational Soccer Tournament: Saturday, October 23rd
Sunday, October 24th (Rain Date)**

Varsity Team - Coed	Middle School Team - Coed
Agess 14 and Up (ages are a guideline)	Agess 11-14 (ages are a guideline)
Practices: <u>Monday, Tuesday, Thursday, Friday:</u> 3:00-4:30 P.M. <u>Wednesday and Half Day Schedule:</u> 12:00-12:30 P.M. Lunch (Please pack a healthy one!) 12:30 P.M. Walk to park 12:45-2:15 P.M. Practice	Practices: <u>Monday, Tuesday, Thursday, Friday:</u> 3:00-4:30 P.M. <u>Wednesday and Half Day:</u> 12:00-12:30 P.M. Lunch (Please pack a healthy one!) 12:30 P.M. Walk to park 12:45-2:15 P.M. Practice

Coed Club Team (Training Team ONLY) Lower School - Upper School

For students who want to learn the fundamentals of the game of soccer and have a team building experience without the competitiveness of playing against other schools, Coed Club Team practices are the way to go. Individual students' training schedules may vary due to ability to sustain focus/duration of practice. Club athletes should be picked up at the Community Park Soccer Field at the end of practice.

Formerly the Lewis School has fully subsidized the cost of the Club Soccer Program. However, due to the rising costs associated with facility rental and program coordination, we are requesting that each participating athlete contribute \$80 towards the cost of the 8-session program. (See attached registration form)

- **Club Season: Monday, September 20th - Wednesday, October 13th**
- **Club Tournament: Wednesday, October 13th**

Practices:

Monday: 3:00-4:00 P.M.

Wednesday: 12:00-12:30 P.M. Lunch (Please pack a healthy lunch!)
12:30 P.M. Walk to park
12:45-2:00 P.M. Practice

REQUIRED Soccer Program Athletic Equipment:

- Shin guards
- Soccer cleats
- Running shoes
- Water bottle (clearly marked with athlete's name)

MANDATORY Practice Uniform for ALL SOCCER TEAMS (Varsity/Middle/Club)

- Royal Blue Soccer Shorts* (no khakis or jeans)
- Lewis Lion T-shirt*
- Royal Blue Soccer Socks*

MANDATORY for Middle/Varsity Teams

- Team Warm Up with Embroidering*
- Team Book Bag with Embroidering*

***ITEMS FOR SALE:** *Please complete the enclosed "Lewis Lions Athletics Order Form" and return it to school A.S.A.P. so that we may process all of the orders quickly.*

THE LEWIS SCHOOL CROSS COUNTRY PROGRAM

Our Cross Country Program *is open to students ages 11 and older*. As we begin our fourth season, the athletes are excited and energized to recruit new runners who want to tap their energy, speed and endurance with this fantastic running program. Soccer players who are interested in cross training may do so as long as it does not interfere with their game schedule.

- Pre-season training will begin on **Wednesday, Sept. 1, 2010 - Tuesday, Sept. 7, 2010.** (No practice on Monday, September 6th in observance of Labor Day.) All players must report to the field at Community Park and be ready to start practice at 9:00 A.M., with pick-up at 10:30 A.M. at Community Park.
- Athletes who are interested in soccer may stay for the last half-hour of practice (from 10:30 -11:00 A.M.)
- Starting on **Wednesday, September 8, 2010**, follow the practice schedule below. Athletes will be picked up after practice at Community Park.
- Practices will be held Monday-Friday. After pre-season coaches may assign practice days based upon athlete's preparation and ability. As the athletes gain endurance the duration of practice/days may increase based on the student's ability.

A Parent/Coaches meeting will be held on **Thursday, September 16th** at Community Park immediately following practice at 3:45 P.M. During the season, the team will compete in meets versus other local area schools. After away meets pick up will be at The Lewis School (Bayard Lane Campus). Parent volunteers will be needed for transportation to and from the meets. If you are able to help, please let the coaches know and/ or complete the enclosed volunteer form. Thank you in advance for your help!

- **Pre-Season: September 1st - 7th**
- **Regular Season: September 8th - October 23th**
- **Fun Race/Walk-A-Thon: Saturday, October 23rd**
Sunday, October 24th (Rain Date)

Practices:

Monday, Tuesday, Thursday, Friday:	3:00-3:45 P.M.
Wednesday and Half-Day Schedule:	12:00-12:15 P.M. Light Lunch 12:15- 1:30 P.M. Practice

REQUIRED Cross Country Athletic Equipment:

- Running shoes
- Socks
- Water bottle (clearly marked with athlete's name)

MANDATORY for Cross Country Athletes:

- Practice Uniform: Royal blue running shorts, Lewis Lion T-shirt*
- Team Warm Up with embroidering*
- Team Book Bag with embroidering*

***ITEMS FOR SALE:** *Please complete the enclosed "Lewis Lions Athletics Order Form" and return it to school A.S.A.P. so that we may process all of the orders quickly.*

WINTER AND SPRING SPORTS OFFERED*

(All sports are coed.)

Varsity Basketball	Track and Field
Middle School Basketball (JV)	Club Softball
Club Basketball	Lower School Dance
Basketball Cheerleaders	Middle/Upper School Dance Troupe
Aquatics: Lower, Middle, Upper	Club Tennis
Manager/Scorekeeper	

**Detailed information regarding these programs will follow.*

Just a reminder that all students' physicals and health forms must be completed and turned in to the nurse before the pre-season begins in order to participate in fall sports. If you have any questions please feel free to contact Deb Manginelli, our School Nurse.

If there is not enough student response for one particular program, it may be cancelled. You are encouraged to sign up for as many programs as possible. However, to reiterate, ***Upper School students must choose at least one sport for the academic year 2010-2011.***

A dedicated work ethic, positive attitude, and commitment are necessary when choosing any of our programs. Team managers, scorekeepers, etc. are also another great way to get involved with the school community and earn a sports credit. Please note, however, if the student and the program are not an appropriate match, the coaches and Athletic Director will assist in finding a more suitable placement. Please return the enclosed form **as soon as possible** to the Main Office as spaces fill up very quickly.

In the love of athletics,

Keara L. Kilpatrick
Athletic Director

2010-2011 ATHLETIC FORM

Athlete's Name: _____

Age: _____ **School Level (circle one):** Lower Middle Upper

Phone Number (to best reach you in an emergency): _____

FALL, WINTER AND SPRING SPORT(S)

(Please circle those that you are interested in.)

Varsity Soccer

Varsity Basketball

Middle School Soccer (JV)

Middle School Basketball (JV)

Club Soccer

Club Basketball

Cross-County

Track and Field

Aquatics Program: Lower School Middle/Upper School

Dance Troupe: Lower School Middle/Upper School

Club Softball : Middle/Upper Only

Club Tennis: Middle/Upper Only

Other: Manager, Scorekeeper, etc. for _____ team(s)

_____ *Yes, all of my child's physicals and health forms are up-to-date, completed, and turned in to the Health Office.*

** Please return this form to the Main Office.*

2010-2011 COED CLUB SOCCER

REGISTRATION FORM

Athlete's Name: _____

Age: _____ **School Level (circle one):** Lower Middle Upper

Phone Number (to best reach you in an emergency): _____

Please include a check for \$80 (made payable to The Lewis School, Memo: Club Soccer)

___ Yes, all of my child's physicals and health forms are up-to-date,
completed, and have been turned in to the Health Office.

Please return this form to the Main Office.

2010-2011 ATHLETICS VOLUNTEER FORM

Athlete's Name: _____

Athlete's Sports: _____

Age: _____ School Level (circle one): Lower Middle Upper

Parent/Guardian's Name: _____

Phone Number (to best reach you in an emergency): _____

I/we would like to help support The Lewis School Athletic Department by:

I can help with: (Please check)

- Driving to local Soccer Games
- Lewis Invitational Soccer Tournament
- Club Soccer Tournament
- End of season party for _____
- Driving to local Cross Country Meets
- Sports Banquet
- Driving to local Basketball Games
- Club Basketball
- Driving to local Track & Field Meets
- Helping with Track & Field Meets
- Softball
- Tail gait
- Tennis
- Dance Troupe
- Fundraising
- Donations

Thank you for your help and support!

- *Please return this form to the Main Office.*

2010-2011 LEWIS LIONS ORDER FORM

"Can't Hide the Pride"

Dear Parent/Guardian,

Every year we offer students the opportunity to purchase clothing and equipment for use in practices and games. Attached is this year's order form. We will be placing an order as a team, and ask for your swift response so students can have their items in time for the season. We request that all forms are returned to us no later than **Wednesday, September 1st** for Fall Sports and as soon as possible for Winter and Spring Sports.

It is also requested that all players wear their Lewis Lions Soccer practice shirt, royal blue shorts and soccer socks to each practice. Cross Country athletes are required to wear their Lewis Lions practice shirt and royal blue running shorts to each practice.

Thank you for your time and we look forward to seeing you in September!

The Lewis School Coaches

PLEASE COMPLETE AND RETURN TO THE LEWIS SCHOOL:

CHILD'S NAME: _____

TEAM NUMBER (for returning athletes only): _____

SPORT(s): _____

- WARM-UP (Jacket & Pants)**
SIZE: _____ (Youth - Adult XL) **\$80.00**
*Embroidered name add \$5 _____ \$ _____
*Embroidered number add \$5 _____ \$ _____

- SOCCER PRACTICE PACK (Shirt, Shorts & Socks)**
SIZE: _____ (Youth - Adult XL) **\$35.00**
*Additional Shirts: _____ (Add \$13) \$ _____
*Additional Shorts: _____ (Add \$17) \$ _____
*Additional Socks: _____ (Add \$8) \$ _____

- CROSS COUNTRY PRACTICE PACK (Shirt & Running Shorts)**
SIZE: _____ (Youth - Adult XL) **\$30.00**
*Additional Shirts: _____ (Add \$13) \$ _____
*Additional Shorts: _____ (Add \$17) \$ _____

BASKETBALL PRACTICE PACK (Shirt & Shorts)
SIZE: _____ (Youth - Adult XL) **\$30.00**
*Additional Shirts: _____ (Add \$13) \$ _____
*Additional Shorts: _____ (Add \$17) \$ _____

TRACK & FIELD PRACTICE PACK (Shirt & Running Shorts)
SIZE: _____ (Youth - Adult XL) **\$30.00**
*Additional Shirts: _____ (Add \$13) \$ _____
*Additional Shorts: _____ (Add \$17) \$ _____

SOFTBALL PRACTICE PACK (Shirt & Baseball Cap)
SIZE: _____ (Youth - Adult XL) **\$30.00**
*Additional Shirts: _____ (Add \$13) \$ _____

TEAM BAG, EMBROIDERED (Lewis Lions) **\$45.00**
*Embroidered number add \$5 _____ \$ _____

LEWIS WINTER CAP **\$15.00**

LEWIS BASEBALL CAP **\$20.00**

LEWIS NALGENE WATER BOTTLE **\$18.00**

TOTAL: **\$ _____**

PLEASE MAKE ALL CHECKS PAYABLE TO: THE LEWIS SCHOOL, WITH MEMO: ATHLETICS

2010-2011 PHYSICAL EDUCATION UNIFORM

Dear Parent/Guardian,

A Physical Education uniform will be required for the new school year. Your child is expected to wear their uniform for each Physical Education class they have. The clothing will consist of a white t-shirt with our school logo in royal blue, a royal blue short and a royal blue sweat suit. While you must purchase our t-shirt, you are free to find your own royal blue short and sweat suit. ***Returning students are welcome to use the t-shirts they purchased last year.***

If your child has played sports at Lewis, they may use that sweat suit as their Physical Education sweat suit. If you wish to order additional t-shirts, feel free to indicate on the order form below.

Included in this mailing are items you may wish to purchase but are not mandatory – such as Nalgene water bottle and hats (both baseball style as well as a winter cap), all with the school logo.

Thank you for your cooperation and have a restful summer.

Sincerely,

The Lewis School Physical Education Department

**PLEASE COMPLETE AND RETURN TO THE LEWIS SCHOOL MAIN OFFICE BY WEDNESDAY, SEPT
1ST**

CHILD'S NAME: _____

PHYSICAL EDUCATION T-SHIRT (\$12) <i>(please circle size of your choice)</i>	SIZE:	<i>Youth</i>	XS	S	M	L	XL
		<i>Adult</i>		S	M	L	XL

Total number of t-shirts: _____
\$ 12.00 each

Total T-shirt cost: \$ _____

LEWIS WINTER CAP (\$15): \$ _____

LEWIS BASEBALL CAP (\$20): \$ _____

LEWIS NALGENE WATER BOTTLE (\$18): \$ _____

FINAL TOTAL: \$ _____

PLEASE MAKE ALL CHECKS PAYABLE TO: THE LEWIS SCHOOL, WITH MEMO: ATHLETICS