

PHYSICAL EDUCATION AND ATHLETIC HANDBOOK

610-444-8120 - Director of Athletics
610-444-2082 - Assistant Director of Athletics
610-444-1624 - Athletic Hotline

The purpose of this Handbook is to provide you and your parents with a clear framework within which Upland Country Day School's athletic program can function smoothly. Athletics can provide physical, emotional and educational challenges to the student-athlete. The manner in which these challenges are met will determine the failure or the success of our effort.

As a student-athlete at Upland Country Day School, you will find the eyes of the staff, the student body and the community on you. As you wear the Upland uniform, you will represent your School. You will be held to a high standard of conduct, as you are a role model for your peers as well as younger students. It is your responsibility to meet and maintain those standards whether you are in or out of uniform.

We want you to enjoy sports and have a positive experience as a result of being part of our teams. All of our coaches are dedicated people who want the best for you and will work hard to help you achieve your goals. Together we will meet personal and team challenges and feel the joy that athletic competition can give. We ask that you do your best to help us reach that goal.

Peter L. Schluter
Director of Athletics

Annmarie Stancato
Assistant Director of Athletics

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ATHLETIC PHILOSOPHY

Philosophy

The athletic program at Upland Country Day School is an extension of the classroom and as such is a required part of the curriculum. In the Primary and Lower School grades, emphasis is on the development of basic physical and athletic skills accompanied by some intramural sports competition. Interscholastic athletic competition begins in the Upper School. Upland fields interscholastic teams for girls in field hockey, ice hockey, volleyball and lacrosse. Boys' teams are formed for soccer, ice hockey, lacrosse, and cross country running, which is offered to boys in the winter as an alternative to ice hockey. We are offering an alternative athletic program to ninth graders who are interested and meet the criteria spelled out on page 14 of this Handbook. All students are expected to participate on the teams. Team play and good sportsmanship are emphasized at all levels of physical education and athletic competition. Sports at Upland aspires to provide young people with skills and attitudes that will last a lifetime. At the center of this ideal is an athlete's capacity to practice life skills by working with teammates, finding and fulfilling a role on a team, and developing responsibility, commitment, and dependability. Within the context of the Four A's, our athletic program supports each student's emotional, social, moral, and physical growth within a caring and nurturing environment.

Since coaches are teachers first, the objectives of coaching and teaching are identical. We believe that athletics tests character and physical and mental limits; in fact, physical courage can be a template for all kinds of courage. Sportsmanship that is good manners, self-control, thinking of others, positive leadership and grace under any circumstances, is a critical part of this School's life. Coaches are expected to uphold these high standards and teach the valuable lessons that can be learned from athletic competition. The faculty, coaches, and parents of the School expect that Upland student-athletes will display all that is best in them as people and in the School.

Objectives

- to provide students with opportunities to participate in a variety of sports and to expose them to the fun and enjoyment that sports can provide.
- to develop self-discipline, the spirit of cooperation, respect for others, courtesy, good sportsmanship, commitment, pride, teamwork, and an understanding of fair play.
- to develop a sound body which enhances the development of a sound mind.
- to provide opportunities for each student in the Upper School to participate in and develop his/her own abilities through a sequential program.
- to develop a recognition of the values of conforming to the rules of the game.
- to promote self-confidence through physical endeavor and teamwork.
- to introduce and refine the skills used in sports.
- to help students respond to and cope with the challenges of competition.
- to provide students with the opportunity to compete against other schools at an appropriate level.

Implementation

- The School will offer quality programs in practice and games that meet the needs of children at each level of development.
- The School will aim to ensure that the size of teams and their schedules will be conducive to meaningful athletic experiences for each student.
- The School believes in the “rite of passage” to the varsity level. Our varsity teams will be made up of student-athletes who have earned the right to be there. Generally, our varsity teams will be composed of our strongest eighth and ninth grade student-athletes. In exceptional circumstances, there may be opportunities for underclass student-athletes, at the discretion of the varsity coach. These rare situations are based on all 4 A’s and are considered on a case-by-case basis when the varsity level is being considered for a student-athlete.
- All coaches will work together to try to allow all ninth graders at least one varsity experience as long as that student demonstrates the appropriate effort and attitude.
- In general, members of teams below the varsity level will play equal time; any variations will depend on the athlete’s attitude, attendance, effort and possibly size of teams. Varsity teams will be more competitive, and while coaches will try to get everyone involved, there may be games when some players will see less playing time depending upon the needs of the team.
- The number of games in a season will reflect the School’s commitment to a balanced life in academics, arts and athletics and the needs of children and families and their lives outside of Upland. *On average, teams will play two games per week. We will try to avoid having three games in one week although this may happen occasionally due to make-up games and rescheduling.*
- The quality of the athletic schedule will depend on the composition of the teams and the School’s interest in balancing participation and competition at all levels. *[Note: In general, each varsity team will have one away tournament experience per season. Given winter’s longer season, two away game trips may apply.]*
- Boys’ and girls’ teams at all levels will meet standards for budget, uniforms, fields, schedules and practices as appropriate to the maturity of the team, the sport, and program level.
- The School will hire qualified coaches and support coaches’ growth through workshops, clinics, and other approaches as part of the faculty development program.

**Occasional Paper • October 1999 • Russell J. MacMullan, Jr.,
Former Headmaster**

“Coach, put me in!”

I personally had a big problem with sports when I was at Upland. To be honest, I hated them. I hated the forced competition, the weekends away, and how Upland seemed, at times, to revolve completely around sports. Now, I am eternally grateful... [I found] players live every moment to the fullest. [Sports] embodies this lust for life. They push themselves to extremes. This attitude was part of my class. We pushed the limits...I believe that this “attitude” is a skill which sports at Upland developed.

This impassioned comment came from a recent grad who had her struggles with the School’s requirement of sports. Her perspective is powerful and acknowledges a number of principles that have made Upland hold its course with regard to athletic requirements.

Upland is proud of its tradition of requiring three seasons of sports in the Upper School. As one of the Four A’s (Academics, Arts, Athletics, Attitude), sports at Upland provides a wonderful number of important lessons in this important extension of the classroom.

We believe in the amateur status of our players. While that sounds strange, the challenge in this day and age is preserving for our children a sense of the love of the game for its own sake, for the joy of the playing. Perhaps one of the most disappointing decisions to me in athletics was the professionalization of the Olympics.

Because of emphasis on competitive athletics, the lure of professional sports, and the potential of college financial aid and acceptance based on skill in a sport, children are sucked into specializing in a sport at ever-earlier ages. You all know the number of club and recreation teams which play “out of season”; and you know young people who play on multiple teams during a season. And at Upland we know full well that excellence at any level in drama, music, dance, and academics requires a passion for the endeavor and a commitment to practicing beyond one season. The trick is to create a wholesome environment here at School for the whole child through constant conversation and observation, to balance the spirit of the liberal arts in their lives, to nurture young people, and to support their commitment to be the best they can be. Perhaps it is because of this School’s commitment, that out of all proportion to the School’s size, our students go on to be elected team captains, become school leaders, and are recognized for the great people they are.

But for me the lure of childhood sport was its seasonal rhythms. Soccer held the sweat of early fall’s hot days which contrasted to the smell of leaves and frost in late season. Towards the end of the season, I couldn’t wait to get inside to play hockey. But I especially looked forward to the promise of spring when late winter practices and icy winds began to give way to the freedom of outside. Baseball in those spring months seemed so natural, so appropriate.

Beyond our concern for the amateur status of our athletes, though, is an abiding understanding of what it is that sport can do for children. First, it provides a safe place for making hundreds of mistakes individually and as a team. These opportunities allow for an understanding that games are just that, events that provide fun, experience and some measure of humility. Unlike the gifted math student, the most gifted athlete makes scores of mistakes in a single period of play. The less gifted can occasionally make significant and important plays and contributions that announce possibility and potential. There is something extraordinarily human about that. There is something extraordinarily hopeful about that.

Second, requiring three seasons (the Upper School's physical education classes) serves to allow young people to measure themselves against a certain standard and to find that it is not always possible to be on the "first" team. These intersections of wish and hope and reality and judgment are extraordinary lessons for young people to learn in assessing and understanding themselves, providing some of the first lessons that can motivate the formation of goals and plans for the future.

Third, sport provides countless opportunities to reveal character and to improve it. At Upland, I would like to think that grace, good manners, and sportsmanship are more important than the score. At Upland I suggest the coaches' standards are far higher than the rules of the game, for the lesson of accountability to those standards is what informs young people about what is important in life and in sport. Violating rules is not something to be gotten away with; rules are the structures within which an athlete's greatest freedom and creativity can be exhibited. In our culture today, we have plenty of rules, rules without structure. In Upland sports, there are rules *with* structure.

Fourth, we are often concerned about the peer groups of our children. To the degree that teams are peer groups is the degree to which individuals are united around a common goal, governed by rules, and prompted to positive leadership and attitude. The School encourages this use of the peer group called team to accomplish positive goals. And team is important, even more important today than before.

Team suggests a value greater than the individual. In this culture, the valuing of the greater good is hard to find. In sport at Upland, this valuing of the greater good is an everyday occurrence. The individual must subordinate self, giving up something of self to make a stronger team. Developing the capacity to work together, to work hard to accomplish a goal, to support one another no matter what personal feelings are involved, and to acknowledge that the team is but a visible example of all that is important in a School, are very powerful lessons for life. The uniform of black and gold means a membership in a select group whose values are clear, defined, and practiced every day. And it is here that I venture to propose that Upland should come first in the teams in which children participate in part because of that "spirit" that defines a school and in part because children, like adults, cannot handle divided loyalties well. Perhaps the number of different uniforms that an athlete dons is most symbolic of a lonely and fragmented athletic pursuit. The School provides the best integration of values from the classroom, to the halls, to the fields.

When I see a young person reach a goal, when I see girls rush out to a defeated goalie to acknowledge corporate responsibility for a loss, when I see a boy's joy when he lofts a perfect crossing shot into the goal in his first year on varsity, when I see the smile of satisfaction on a coach's face when he knows the team is working hard as a team, when I see the tears of disappointment about letting the team down or the tears of gratitude in boys' and girls' eyes when they pay tribute to the demands, love and support of their coaches, I know we do good things in sport.

Now, I am eternally grateful... [I found] players live every moment to the fullest. [Sports] embodies this lust for life. I believe that this "attitude" is a skill which sports at Upland developed.

GENERAL POLICIES

Communication with Coaches

- We want you, the student-athlete at Upland, to have a positive and successful experience. In order to do this we **must** have an open line of communication between home and school. If a problem should arise, please help us to solve it by following the proper chain of communication.
- Since it is often inappropriate and counterproductive to address issues immediately after games or during practices, we ask that you tell the coach that you want to discuss something and ask what would be a good time to do so. Coaches are more than willing to discuss concerns that you may have, but it is hard to do so when games or practices are going on.
- You and/or your parents should first see the coach to discuss a problem. If a solution is not apparent, you should then talk to the Director of Athletics. If further communication is needed, please see the Head of Upper School and then the Head of School.
- If the issue involves playing time, you should address this with your coach and/or advisor.
- Coaches will be as proactive as possible in calling home to try to head off small issues before they grow into major problems.

Trainer

It is our intention to have a certified athletic trainer present at all home tournaments. The trainer's responsibility will be to prevent, recognize and evaluate all athletic injuries. You must notify your coach if you are injured so he/she can tell the trainer.

Athletic Policy on Absences and Excused Procedures

Traditions in Upland Country Day School' athletic programs are developed over time through persistent dedication and commitment of coaches and students alike. The values of self-discipline, effort, consistency, sportsmanship and team help build a community that supports one another through all sorts of challenges. Specifically, the support for team over self validates all participants, no matter what skill level, and provides an opportunity for the group to meet School goals in and out of athletics.

Players on the varsity level are expected to uphold the traditions of the School and their teammates and to set the standards for others to follow. If you want to be a member of a varsity team, you will need to abide by some common sense understandings and basic responsibilities

- Missing games will affect your playing time, as well as your motivation and citizenship grades. If you miss a game for any unexcused absence (like playing for another outside team or vacation) you will be expected to dress, but you will sit out the next game. In addition to sitting out a game, your citizenship and motivation grades will drop one full point. Each additional unexcused absence will result in the consequences outlined above. *Excused absences generally are those resulting from illnesses, school visits, etc. If necessary, the Head of School will determine the nature of any other excused absences not covered under this policy. Rescheduled games will be taken into consideration.*
- Your teammates depend on you each and every day of the season. When you are late or miss practice completely, you are failing to meet one of the most basic responsibilities you have to your

team. You should notify your coach prior to any practice you must miss and give the coach a full explanation and written note as to the necessity of your absence before practice.

- If you arrive at school either ill or injured and are unable to participate in athletics, you must bring a note from your parents or a doctor. You are still required to be at practice during athletic time unless other arrangements have been agreed upon.
- If you become ill during the day you will need to report to Mrs. Andrews who will decide whether you will go home or finish the day. If you stay, the coach can decide to excuse you from athletics depending on your condition. If you have to leave school, you need to notify coaches.
- If you report to school after **8:30 am** you must have an excused lateness in order to participate in athletic games. Students without an excused lateness will not be allowed to participate in any games for that day.
- School games and practices take priority over out-of-school games and practices. Coaches will discuss this policy with students at the beginning of the season. If you disregard this policy, you are letting your team down, and as a consequence you may have less playing time in games, or other actions may be taken as deemed appropriate by the coaches.

Homework and Detention

- The following is the procedure for missed homework. A reminder to all students: Academic work always comes first. The first homework assignment missed gets a warning (note home). The second homework assignment missed will result in sitting in from lunch and finishing that assignment (note home). The third offense will result in sitting in from practice that day until 4:15. If the assignment is missed on the day of a game, the assignment will be made up the next day during practice time. (The purpose of regular tutorial time is to work on homework given that day, not to do late homework.) By doing so you will be in tutorial during practice time and by missing practice you will be affecting playing time in your upcoming games. *Please understand that teachers will take into consideration the student's class record and the record of missed homework when assigning a student to after-school tutorial.*
- If you receive an academic or disciplinary detention, you must serve it on the day assigned even if it falls on a game day. If the detention time interferes with any part of the game time, you will not be allowed to play in the game. If it does not interfere with the game time, you will be allowed to play in the game.

Practices

- You **are not** permitted to practice unless you have passed a physical examination signed by a medical doctor, and submitted an emergency procedure form with Mrs. Andrews. She will communicate to coaches about any students who should not be practicing. If there is any question, you will need to see Mrs. Andrews.
- Varsity teams will practice and play games on the upper athletic fields. JV boys' teams will practice on the lower field but will play games on the lower and upper athletic fields; JV girls' teams will practice on the lower field but will play games on the upper field. Girls' games have to be played back to back on one field because there are not enough women's officials to have two games being

played at the same time. Differences in the numbers of boys and girls may result in a modification of this set-up.

- Teams will practice four days a week; Friday 2:00-2:50 pm and Tuesday - Thursday 2:50-4:15 pm during the fall and spring seasons. Varsity teams will typically have one extra after school practice per week. The winter ice hockey and volleyball practice schedule will be different and will be addressed at the beginning of the season.
- Students **should** dress in the required Upland practice uniform consisting of a white t-shirt and black shorts, and a black hooded sweatshirt and black sweatpants for cooler weather. (School athletic shorts and t-shirts can be bought in the bookstore.) It is up to the coaches' discretion to allow other appropriate dress for practice. Students who repeatedly forget their practice uniforms will sit out practice and the coach will call home. Game uniforms **may not** be worn for practice.
- Coaches and the Athletic Directors will meet after the first week of practice to determine team breakdowns. Rosters will be made available to parents, faculty and students.
- Mouth guards are required for field hockey, ice hockey, and lacrosse. They must be worn at all practices and games. We encourage you to purchase a mouth guard and plastic carrying case before school begins. (Soap boxes or retainer type cases are good ideas for carrying cases.) **Mouth guards are sold in the School Bookstore for \$2.00.**
- We recommend that you keep a towel in your locker for showering after practices and games. This is especially important in the winter season when students have before school ice hockey practice.

Locker Rooms

- We use the honor system at Upland, and it is your responsibility to make sure that personal possessions are protected and respected.
- You will be assigned lockers at the beginning of each sports season, and you are responsible for keeping your locker neat and in good working condition. You need to put your name on all equipment and clothing. This will greatly decrease the chance of losing your belongings.
- You may **never** (under any circumstances) go into another student's locker to borrow something unless you have first asked that person for permission. If you forget to bring something for sports, you will have to suffer the normal consequences.
- After practice please put all clothing and equipment inside your locker and close it. The custodial staff cleans the floor every night; it is not their job to pick up after you. Anything left on the floor will be put into the lost and found.
- Please enter and exit the locker rooms through the doors at either end of the locker room hallway. Please do not walk through the Barn for any reason unless permitted by the coach. For your own safety, when exiting the locker room use the sidewalk to go to the fields. Do not go through the parking lots.
- In short, because we all have to live together in our confined locker rooms, we need to take care of them for one another. Please treat each other's personal space and belongings as you would want your own treated.

Transportation

- School vans, buses and sometimes parent volunteers will be used for away games.
- We ask that parent volunteer drivers please give a copy of their license and insurance cards to the Business Manager to be kept on file in the business office. This is not a matter of trust but rather an insurance requirement.
- We also ask that parents check their athletic schedules so that they are on time for pick-up so that coaches and children can get home at a reasonable hour. Please keep your phone trees handy so that if a team is running late coaches can contact parents and notify everyone of their later arrival.
- Parents may take their own children home from away games. Parents may not take other children home unless the coach has a **note from a family giving permission**.
- Directions to away games are located at the end of this Handbook.
- Away trips and games are wonderful experiences, but we must remember that School rules do apply and we must act accordingly.

Inclement Weather Procedures

- Decisions on the postponement or cancellation of games will not be made until after **12:00 pm**. The updated information will be put on the “Athletics Hotline” at 610-444-1624 and the web site www.uplandcds.org. You will be allowed to call your parents during lunch in the event that a game is canceled. Since practice time is part of the school day, you will stay at school during practice time even if you can't go outside because of weather.
- All athletic activities are automatically canceled when School is closed due to inclement weather conditions.

Team Pictures

Team pictures will be taken for all teams during each of our three sports seasons. These pictures will be taken during a pre-arranged practice time and you will dress in your full game uniform. Varsity teams will have the option of buying individual and team pictures, while JV teams will be offered team pictures only.

Team Parents

A “team parent” works closely with the Athletic Directors and coaches to help coordinate transportation to away games, healthy snacks for home games, and end of season parties. Please call if you are interested in becoming a team parent.

- Snacks are not required. However, if parents do bring snacks, please be sure they are healthy (fruit juice, sliced oranges, etc.). Doughnuts, soda, etc. should not be provided.
- End of season team parties are not required, but if parents would like to have a team party, they should discuss it with the team parent and the Athletic Directors to pick the most appropriate time.

Varsity teams will have a Varsity dinner to be held in the Student Center and organized by the team Moms/Dads. These dates will be after the season and before the next season begins.

Substance Use/Abuse

- Alcohol and other drug use is an extremely serious issue. Team members depend on each other to be mentally and physically prepared to give their best effort each day. This cannot happen if the student-athlete is using alcohol or drugs not prescribed by a physician.
- Evidence of such use or possession in these situations will result in disciplinary action recommended to the Head of School by COSA with the strong possibility of suspension or dismissal. Please review the Upper School Student Handbook about this issue.

CODE OF CONDUCT

Coaches/Players/Spectators

Coaches' Conduct

- Take pride in being a good example in appearance, conduct, language, and sportsmanship.
- Teach the players the importance of these standards.
- Be on time for all practices and games as an example for the students.
- Be sensitive to each student's needs. The most successful motivating technique may be to show students how to get the most out of their abilities. Students must learn to work hard to achieve. Good self-esteem is earned, not given.
- Create an atmosphere of "ownership." The team belongs to the players, not the coaches. Give them as much responsibility as they can handle, but show them what happens when the process breaks down: e.g., let players be responsible for stretching, getting water, balls, and first aid kit.
- Demonstrate and instill in players respect for and courtesy toward opposing players, coaches, and officials.
- Exhibit and develop in players the ability to accept victory or defeat gracefully.
- Coaches who do not follow the Code of Conduct may be asked to leave the athletic contest.

Players' Conduct

- The rules of any game must be regarded as mutual agreements, the spirit or letter of which no one should try to evade or break.
- No advantages are to be sought over others except the advantage of superior skill.
- Officials and opponents must be regarded and treated as honest in intention.
- Decisions of officials, no matter how unfair they may seem, must be accepted absolutely by players, coaches and spectators.
- Visiting teams and spectators are honored guests and should be treated as such. They should behave as such.
- To win is always desirable; but to win at any cost utterly defeats the purpose of the game.
- Every team must learn that losing can be a triumph when the best has been given.
- Graciously accept constructive criticism.
- Exhibit dignity in manner and dress when representing Upland both on and off the court, ice or playing field.

- Emphasize the importance of the team over self.
- Students who do not follow the Code of Conduct may be asked to leave the athletic contest.

Spectators' Conduct

- Spectators should avoid getting near the players' benches while games are in progress. The players and coaches need to focus without a distraction.
- Recognize the official as a person of integrity and qualification, and respect the decisions accordingly.
- Refrain from creating disturbances, which can be embarrassing to the players and detrimental to the flow of the game and/or the safety of the participants involved.
- Show respect for School and opponent players, coaches, and officials regardless of their own team loyalty. This is essential for raising the standards of good sportsmanship.
- We ask that parents be positive and supportive when dealing with and talking about all members of our teams.
- Cheering should be limited to encouraging words; spectators should refrain from taunting officials or opponents.
- Spectators who do not follow the Code of Conduct may be asked to leave an athletic contest.

GENERAL INFORMATION, IMPORTANT DATES, EQUIPMENT REQUIREMENTS

General Information

Director of Athletics, Peter Schluter, 610-444-8120 (pschluter@uplandcds.org)

Assistant Director of Athletics, Annmarie Stancato 610-444-2082 (astancato@uplandcds.org)

Athletics Event Hotline 610-444-1624

Website www.uplandcds.org

All coaches can be contacted through the Athletic Office at 610-444-8120

Fall Season Varsity Head Coaches:

Boys' Soccer - Phil Robinson; Girls' Field Hockey - Meredith Gerbron

Winter Season Varsity Head Coaches:

Boys' Ice Hockey - Court Dunn; Girls' Ice Hockey -; Girls' Volleyball - Peter Hayes; Boys' Athletic Club (BAC) - Annmarie Stancato

Spring Season Varsity Head Coaches:

Boys' Lacrosse - Peter L. Schluter; Girls' Lacrosse - Meredith Gerbron

Important Dates

August 23-Aug 26: Preseason soccer and field hockey practice for 8th & 9th grade boys and girls
August 31: First day of soccer and field hockey practice for all students
September 18: Parents vs. Sons/Daughters soccer and field hockey games
September 18: Athletic Equipment Consignment Sale
September 24th and 25th: Varsity Soccer and Field Hockey Tournament at Valley School of Ligonier
October 29: Fall sports season ends
November 1-14: Window Week
November 5: Girls' Fall Sports Awards Assembly
November 8: Boys' Fall Sports Awards Assembly;
November 15: Start of winter sports season
November 27: Alumni Weekend
December 10th and 11th: Boys Hockey trip to Greenwich
December 17: Upper School Skate-a-thon
January 14-16: Boys' Varsity Ice Hockey Tournament
January 28-30: Girls' Varsity Ice Hockey Tournament
February 26: Winter sports season ends
Feb 28-March 6: Window Week
March 4: Girls' Winter Sports Awards Assembly
March 7: Spring sports season begins
April 1: Boys' Sports Assembly
April 29 and 30th: UCDS Varsity Lacrosse Tournament
May 6-May 7: Varsity teams to Greenwich for Lacrosse
May 13: Spring sports season ends
May 23: Girls' Spring Sports Awards Assembly
May 27: Boys' Spring Sports Awards Assembly and Field Day Activities

ALTERNATIVE ATHLETIC PROGRAM

On occasion meritorious proposals are prepared by students wishing to involve themselves in sports other than those we offer at Upland. We are considering such proposals from ninth graders as part of the privilege and status of ninth graders, and as part of their transition to schools that have fewer requirements and more choices than does Upland Country Day School. The alternative athletic program is available *only to ninth graders* with the following criteria and conditions. The Student Affairs Committee receives, considers, and recommends the disposition of a proposal to the Head of Upper School.

- The alternative is available only for spring or fall season and limited to only one season. Because there are two options each for boys and girls athletics during the winter, the winter season requirement cannot be waived.
- Due to scheduling considerations, all proposals must be submitted by June 30 of the previous year to be considered for the following year.
- Proposals can only be made for sports not already offered at Upland, i.e. a boy cannot play soccer as it is already offered at the School. However, a girl could propose the playing of soccer as it is not part of the girls' offerings.
- The proposal, with training schedule, must demonstrate a serious five-day a week commitment with a coach present for all five days. The sponsoring coach must sign a statement signifying that he/she will be present at all times during the program.
- The coach must submit an evaluation of the students' program off campus at the end of the season. Successful completion of the program is one of the graduation requirements.
- Students will present their programs at the end of the season's sports award assembly.
- The student must be in good academic and citizenship standing.
- Homework rules will apply; that is, incomplete or missing homework must be completed during athletics.
- All decisions are to be made with an eye on enrollment in the ninth grade year; i.e. fewer boys or girls may mean no exemption in order to maintain appropriately competitive teams and a positive tone.

EQUIPMENT REQUIREMENTS

Equipment can be found at most sporting goods stores. Kelly's Sports in West Chester as well as The Sports Authority in Wilmington, (across from Concord Mall), and Dick's Sporting Goods carry all the athletic equipment necessary for Upland's sports.

Lower School-Fall Season

Grade 1, 2 and 3 boys and girls will need sneakers on all PE days for the entire school year.

Grade 4 and 5 girls will need sneakers or cleats, shin guards and mouth guards for field hockey. We encourage students to purchase their own field hockey sticks, but we will supply sticks for those who need them. Mouth guards can be purchased in the **Bookstore** for \$2.00 and must be worn during all practices and all games. We recommend buying a plastic carrying case for the mouth guard.

Grade 4 and 5 boys will need sneakers or cleats for soccer. If you are purchasing new cleats, please buy plastic molded cleats like Adidas, Mitre or Nike. Shin guards, such as Uhlsport, Brine, Trace or Umbro, are required.

Lower School-Winter Season

Grades 1-5 require some specialized equipment for hockey. For the safety of the children, **hockey type helmets** are required for all boys and girls. Beginning in 1st grade, boys and girls must have a face cage on their helmet. Any child without a helmet will not be permitted to skate. We recommend buying black hockey helmets to go with the school colors. Hockey gloves and a stick are also required equipment.

Ice hockey skates are required. Sizes normally run a full size smaller than a street shoe. Both plastic molded and leather skates provide support for the ankle with the leather conforming more to the individual foot. When choosing any new skates, one should be aware that they will be stiff for the first several weeks until they are broken in. The skate should fit snugly with very little room in the heel so that it fits like a sock.

Due to the amount of equipment required for skating, we suggest that you obtain a hockey or other athletic equipment bag to transport skates, helmets, and other items. Skate guards and an old towel for drying skate blades to prevent rust are also suggested. Please see seasonal letters, which will help guide you in selection of equipment.

(If needed, there will be a limited supply of equipment to be loaned out for the season)

Lower School-Spring Season

Grade 4 & 5 girls will need sneakers (cleats are optional), a mouth guard, and a girl's lacrosse stick. (Please be aware that there is a difference between girls' and boys' lacrosse sticks. The boys' sticks have a much deeper pocket than the girls'.) The stick should be cut to the length of the arm (it can be a little longer if you want to get a few seasons' use). To measure, simply have your daughter hold the stick in her hand just below the head of the stick and measure to the armpit. This will enable her to perform the throwing motion correctly. Girls need to wear eye goggles to lacrosse.

Boys in grades four and five will need sneakers (cleats optional), a lacrosse stick (a mesh pocket is recommended for beginners), lacrosse gloves, arm pads, shoulder pads, a helmet (a hockey helmet is okay) and a mouth guard. Sticks can be cut down to make them easier to handle but cannot be any shorter than 40 inches from the top of the head to the bottom of the shaft. In order to make our teams look more uniform we ask anyone who is buying a new helmet to buy a black one. It is okay to use another color if you already have a helmet. We recommend “Cascade” brand helmets. It is the parents’ responsibility to maintain the helmet (check for loose screws and worn padding, etc.) throughout the season.

Upper School

You are responsible for keeping practice and game uniforms clean during the fall and spring seasons. Please follow washing instructions on the uniform tags to avoid any damage or shrinkage. Please do not put any uniforms in the dryer; **please hang to dry**. You will be billed for lost or damaged game uniforms.

Upper School-Fall Season Soccer and Field Hockey

Upper School boys are required to have the following athletic equipment:

- athletic supporters with cup
- shin guards
- athletic cleats (some can be worn for both soccer and lacrosse)
- white athletic socks

Upper School girls are required to have the following athletic equipment:

- field hockey stick
- shin guards
- athletic cleats (some can be worn for both soccer and lacrosse)
- white athletic socks
- mouth guard which must be worn during all practices and games and can be purchased in the School **bookstore** for \$2.00. We recommend buying a plastic carrying case.

Upper School-Winter Season Ice Hockey, Volleyball and Cross Country

Upper School girls playing volleyball are only required to have sneakers. We will provide kneepads.

Upper School boys in the cross-country will need sneakers and our regular practice uniform. We will provide long sleeve t-shirts to serve as uniforms to be worn at practices or events.

Upper School girls and boys are required to have the following ice hockey equipment:

- ice hockey skates
- hockey helmet with cage and attached mouth guard (In order to make our teams look more uniform, we ask anyone who is buying a new helmet to buy a black one. The school will issue black CCM helmets to anyone who needs a helmet. The mouth guard must be colored; clear mouth guards are not acceptable.)
- neck guard
- shoulder pads
- elbow pads
- hockey gloves
- hockey pants
- shin guards
- athletic supporter or pelvic protector w/cup

- hockey stick
- hockey bag

Ice hockey skates are required. Sizes normally run a full size smaller than a street shoe. Both plastic molded and leather skates provide support for the ankle with the leather conforming more to the individual foot. When choosing any new skate, you should be aware that they will be stiff for the first several weeks until they are broken in. The skate should fit snugly with very little room in the heel so that it fits like a sock.

We recommend the following brand names: (there are others that are also good)

Skates: Bauer, CCM, Nike, Graf (leather, not plastic molded)

Elbow Pads: Cooper, Koho

Helmet (black) with Face Cage: CCM, Bauer, Cooper

Shin Pads: Cooper, Nike, Bauer

Stick: Sher Wood, Bauer, Cooper, Easton, Warrior, Nike

Pants (black): Cooper, CCM

Gloves: Cooper, Nike, Koho, Easton

Neck Protector: Cooper

Shoulder Pads: Cooper, Easton

Accessories: Garter belt, mouth guard attached to helmet, hockey socks for practice (game socks provided with uniform)

Upper School-Spring Season Lacrosse

The girls are required to have a lacrosse stick (wooden or molded head), a mouth guard, cleats and eye goggles. (Please be aware that there is a difference between girls' and boys' lacrosse sticks. The boys' sticks have a much deeper pocket than the girls'.) Girls can measure by holding their stick in their hand just below the head, and then measure to the armpit. This will enable the throwing motion to be performed correctly. All girls must wear eye goggles.

The boys are required to have a lacrosse stick, shoulder pads, arm pads, gloves, mouth guard, athletic cup, cleats and a helmet. In order to make our teams look more uniform, we ask anyone who is buying a new helmet to buy a black one. You may use another color if you already have a helmet. We recommend "Cascade" brand helmets. It is the parents' responsibility to maintain the helmet (check for loose screws and worn padding, etc.) throughout the season. If your coach deems the helmet is not in acceptable condition, you will not be permitted to participate in any practice or game. **You can purchase mouth guards in the School Bookstore for \$2.00.**

SEASONAL ATHLETIC AWARDS

Fall

VARSAITY GIRLS' FIELD HOCKEY AWARD is given to a member of the graduating class whose leadership, skills, effort, sportsmanship and attitude made her an outstanding member of her team and a credit to her school.

VARSAITY BOYS' SOCCER AWARD is given to a member of the graduating class whose leadership, skills, effort, sportsmanship and attitude made him an outstanding member of his team and a credit to his school.

Winter

JOHN M. CLEVELAND VARSAITY ICE HOCKEY AWARD is given to a member of the graduating class whose leadership, skills, effort, sportsmanship and attitude made him an outstanding member of his team and a credit to his school. The Ice Hockey trophy was given by John M. Cleveland in 1981 to honor three boys, Eric Lunger, Gene Weymouth and Bruce Taylor, who were on the last team which Dr. Cleveland coached. The Award was later named for him by the faculty as the Founding Father of Upland Ice Hockey.

VARSAITY GIRLS' VOLLEYBALL AWARD is given to a member of the graduating class whose leadership, skills, effort, sportsmanship and attitude made her an outstanding member of her team and a credit to her school.

GIRLS' ICE HOCKEY AWARD is given to a member of the graduating class whose leadership, skills, effort, sportsmanship and attitude made her an outstanding member of her team and a credit to her school.

Spring

VARSAITY GIRLS' LACROSSE AWARD is given to a member of the graduating class whose leadership, skills, effort, sportsmanship and attitude made her an outstanding member of her team and a credit to her school. The Varsity Girls' Lacrosse trophy was presented to the 1981 Girls' Lacrosse Team by their parents to honor the team for their outstanding performance, teamwork and sportsmanship. The Award carries these ideals forward.

VARSAITY BOYS' LACROSSE AWARD is given to a member of the graduating class whose leadership, skills, effort, sportsmanship and attitude made him an outstanding member of his team and a credit to his school.

Directions to Schools and Ice Rinks
Point of Origin is Upland Country Day School

Academy of Notre Dame, Villanova, PA
610-971-4905 (approximately 50 min.)

Rte. 926 to Rte. 3. Right on Rte. 3 to Newtown Square. Left on Bryn Mawr Ave. (Dunwoody Retirement Village on the right). Follow Bryn Mawr Ave. to Rte. 320 (Sproul Rd.). Make left onto Sproul Rd. and school is on the left just past Overbrook Golf Course. Entrance has black iron gates.

Academy of the New Church, Bryn Athen, PA
610-947-4200 (approximately 1 1/2 hr.)

PA Turnpike west to Willow Grove Exit 27. Keep right after tollbooth and take Rte. 611 north to first light (Mill Rd., Vacant lot on right). Turn right on Mill Rd. which changes to Warminster. Follow 1.9 miles to second light, Bayberry Rd. Turn right and follow 3.4 miles to 4th light, Buck Rd. Turn right and go 1 mile to firehouse on left. Turn left into the field house beyond the firehouse.

The Agnes Irwin School, Rosemont, PA
610-525-8400 (approximately 50 min.)

Rte. 926 east to Rte. 3, right on Rte. 3 to Newtown Square. Make left onto Bryn Mawr Ave. (Dunwoody Retirement Home is on the right). Follow to intersection of Rte. 320 (Sproul Rd.). Make left onto Rte. 320 and follow to first major intersection (Conestoga Rd.). Make right onto Conestoga Rd. and follow 1/2 mile to light (Ithan Ave.). Make left onto Ithan Ave. and then make right into the first driveway on the right which is the school.

The Baldwin School, Bryn Mawr, PA
610-525-2700 (approximately 50 min.)

Rte. 926 east across Rte. 202 to Rte. 3. Make right on Rte. 3 and follow to Bryn Mawr Ave. Make left onto Bryn Mawr Ave. (Dunwoody Retirement Village on the right). Follow Bryn Mawr Ave. to Rte. 30 (Lancaster Ave.) Go across Lancaster Ave. and follow road to stop sign. (Bryn Mawr train station will be on left) Make left at stop sign and go under RR bridge and stay in the right lane. Go to first light and make a right onto Montgomery Ave. Baldwin will on the left.

Benchmark School, Media, PA
610-565-3741 (approximately 35 min.)

Rte. 1 north. Take by-pass beyond Granite Run Mall to Rte. 252 north. Go 1/2 mile to Providence Rd. and make a left. School is 300 yards on the right.

Caravel Academy, Newark, DE
302-834-8938 (approximately 40 min.)

Rte. 926 west, make left onto Newark Rd. and continue to Rte. 41. Left onto Rte. 41 to Rte. 7. Right on Rte. 7 south and continue to Christiana Mall, picking up Rte. 1 south. towards Dover. Get off at St. Georges exit and make right off ramp. Go to third light and make left on Mabell Lane. Make left at first stop sign onto Delaws Rd. and school will be up on the right hand side.

Centreville School, Centreville, DE
302-571-0230 (approximately 15 min.)

Rte. 926 east to Rte 1 north to Rte 52 south. Follow Rte 52 into Centreville, DE and school will be on your left hand side.

Chevy Chase Country Club, Chevy Chase, MD (Ice Rink)
Chevy Chase Girls' Ice Hockey
(approximately 2 1/2 hr.)

Take I-95 S through Baltimore (Ft. McHenry Tunnel) to Washington Beltway. Go west on 495 to exit 33 (Conn. Ave.) Go south on Connecticut Ave. for about two miles. Club entrances are the first and third right turns on Connecticut Ave. after crossing Bradley Lane.

The Church Farm School, Paoli, PA
610-363-7500 (approximately 30 min.)

Rte. 926 east to Rte. 202 north. Take the Exton/Frazer exit (Business Rte. 30) and make a left. Go one mile and make the first right onto the road just after the flagpole. Athletic fields are down this Road.

Delaware County Christian School, Newtown, PA
610-353-6522 x285 (approximately 30 min.)

Upper campus is 462 Malin Rd., Newtown Square, PA. 926 east to Rte. 3 (West Chester Pike). Make right onto Rte. 3 to Rte. 252 in Newtown Square. Turn left onto Rte. 252 (north). Go to first light, turn right on Goshen Rd. Go 1.5 miles to first stop sign, turn right on Malin Rd. School is on the right.

The Episcopal Academy, Merion, PA
610-617-2267 (approximately 50 min.)

Rte. 1 north. Follow Rte. 1 past the Granite Run Mall. After the Mall, stay left after the bridge (do not get on Rte. 1 Media Bypass). Go through Media and continue (about 20 min.) past Rte. 30. You will pass Episcopal on your left and St. Joseph's University on your right. Go to big intersection and make a left at second light and make a left and follow to North Latches Lane. Make left onto N. Latches and school entrance will be on your left.

Face Off Circle, 1185 York Road, Warminster, PA 18974 (Ice Rink)
Glaciers Girls' Ice Hockey
215-674-1345 (approximately 1 1/4 hr.)

From PA turnpike: Exit 27 (Willow Grove). Take Rte 611 N to Rte 132 (Street Road). Go east (right) approximately 3 miles to Rte. 263 (York Rd.). Go north (left). Rink is approximately one mile on the right.

Fred S. Engle (Avon Grove) Middle School, West Grove, PA
610-869-3022 (approximately 15 min.)

Rte. 926 west, left on Newark Rd. to Rte 1 south. Get off at West Grove exit (841) and turn left at stop sign onto 841. Go 1/2 mile and make right at stop sign and then a left at the light in West Grove (still on 841). Go 1 mile to stop sign and make left onto State Rd. Go 1/2 mile and make right onto Schoolhouse Rd. School will be on the left.

Garden Ice House in Laurel (Ice Rink)
12800 Old Gun Powder Road, Fairland Regional Park, Beltsville, MD
Holton Arms Girls' Ice Hockey, Landon Boys' Ice Hockey,
Tri-City Eagles Boys' Ice Hockey
301-953-0100 (approximately 2 hr.)

Take I-95 south to Rte 212 east (Beltsville exit). This is just north of Washington Beltway 495. Take Rte. 212 east, Powder Mill Rd., to first light. Turn left onto Gun Powder Rd. and go approximately two miles. Rink is on the left.

Germantown Academy, Ft. Washington, PA
215-646-3300 (approximately 50 min.)

Rte. 1 north past Granite Run Mall and stay right on Rte. 1 by-pass and follow signs for 476 north (Blue Rte.). Take 476 north to exit 20 (Plymouth Rd.). Follow signs for Plymouth Rd. off the exit and turn right at the stop sign onto Plymouth Rd. Go to first light and make left onto Butler Pike. Follow Butler Pike roughly 4 miles to your 5th light and make right onto Morris Rd. Go 1.5 miles over the bridge and fields will be on your right.

The Gilman School, Baltimore, MD
410-323-3800 (approximately 1 1/2 hours)

Rte 1 south to Rte 272 south to I 95 south. Take 95 to I 695 west towards Towson. Take I 695 to exit 23 (Charles St.) to I 83 south. Follow to Northern Pkwy exit and turn left onto Northern Pkwy east. Continue through light at Falls Rd. and proceed east on Northern Pkwy to Roland Ave. Make right onto Roland Ave. and then first left into school.

Hatfield Rink
215-997-9797

Lansdale Catholic School Hockey

Take Blue Route to PA Turnpike East to the Fort Washington Interchange. Take route 309 north for approximately 8-10 miles. Cross Route 202 and continue on 309. At light approximately 2 miles past 202 take a right onto County Line Rd. (Buger King and Amico Gas on corners). Go approximately another 100 yards and go right at the stop sign. Rink is right there.

Harford Day School

A: 420 W Street Rd, Kennett Square, PA 19348-1123
1: Start out going WEST on W STREET RD/PA-926 toward SPORTSMENS LN. 0.5 mi
2: Keep LEFT at the fork to go on W STREET RD. 0.0 mi
3: Turn LEFT onto NEWARK RD. 1.6 mi
4: Merge onto US-1 S via the ramp on the LEFT (Crossing into MARYLAND). 40.5 mi
5: Turn LEFT onto CONOWINGO RD/US-1 BR. 1.4 mi
6: Turn LEFT onto MOORES MILL RD. 0.2 mi
7: End at 715 Moores Mill Rd Bel Air, MD 21014-2713
B: 715 Moores Mill Rd, Bel Air, MD 21014-2713
Total Time: 58 minutes Total Distance: 44.25 miles

The Haverford School, Haverford, PA
610-642-3020 (approximately 50 min.)

Rte. 926 east across Rte. 202 to Rte. 3. Make right on Rte. 3 and follow to Bryn Mawr Ave. Make left onto Bryn Mawr Ave. (Dunwoody Retirement Village on the right). Follow Bryn Mawr Ave. to Haverford Ave. Make right on Haverford Ave. and go to Buck Rd. (there is a light). Make left on Buck Rd. and fields will be a couple blocks down on the right.

The Hill School, Pottstown, PA
610-326-1000 (approximately 1 hr.)

Rte. 926 east to Wollaston Rd. Left to Unionville. Continue straight on Rte. 162 to intersection of Telegraph Rd. Go straight on Telegraph Rd. (162 veers off) to intersection of Sugar Bridge Rd. Left on Sugar Bridge to intersection of Rte. 322. Turn left and follow to Old Rte. 30 in Downingtown. Follow east to Rte. 113. Bear left on Rte. 113 north to intersection of Rte. 100. Turn left (north) towards Pottstown (approximately 15

miles) to Rte. 663 (King St.). Turn right heading east into Pottstown. (Be careful here as there are two right turns close to one another--take the second, King St.) Cross the bridge at the foot of small hill and turn left at first traffic light. Follow to Beech St. Turn right and follow Beech for approximately 10 blocks. Rink and parking will be on right. Fields will be a little further on left.

The Hill School, Pottstown, PA
610-326-1000 (approximately 1 hr.)
(alternate route)

Take 100 north through Exton, Lionville, Eagle, Buckstown and into Pottstown. There is a Holiday Inn at the intersection of Rte 100 and King St. Turn right onto King St. and follow to the first light which is Mantawany St. Turn left onto Mantawany St. and continue to the third street which is Beech St. Turn right onto Beech St. You should come to one stop sign, two lights, then three more stop signs. The rink parking lot is approximately 1 1/2 blocks past the last stop sign.

Ice Box, Pittston, PA
Wyoming Seminary Ice Hockey
570-883-1100 (approximately 2 1/2 hrs.)

Take Rte. 926 to Rte. 1 north past the Granite Run Mall and stay right on Rte. 1 by-pass and pick up Rte. 476 north (Blue Route). Follow Rte. 476 north all the way until it turns into the Northeast Extension of PA Tpk (after toll). Follow Northeast Extension to Exit 37 (I-81, Pittston). Take I-81 south to exit 48 A which is Rte. 315 south & Pittston. After coming out of the clover leaf, proceed straight through the first light and go one mile to the next light and make left (Dunkin Donuts is on left). Rink entrance will be 100 yards on left.

Ice Land, 6 Tennis Court Rd., Hamilton Twp., NJ
Nassau Wildfires and Lawrence Ladybugs Ice Hockey
(609) 588-6672 (approximately 1 3/4 hr.)

Take I-95 North into NJ and onto Rt. I-295 South. Take I-295 to exit 65A (Sloan Ave. East) and follow Sloan Ave. to second light and go left onto Quaker Bridge Rd. Follow to second light and go left onto Youngs Rd. Make your first right onto Tennis Court Rd. and rink is at the end of the road.

Ice Line, 700 Lawrence Road, West Goshen, PA (Ice Rink)
Ice Line Quakers Ice Hockey
610-436-9670 (approximately 1/2 hr.)

Take Rte 926 to Rte 202 north to West Chester Bypass. Exit onto Paoli Pike. Turn left on Paoli Pike to first light and turn left on Five Points Rd. Go straight through light and make right on Lawrence Drive and follow back to rink.

Ice Works, Dutton Mill Road, Aston, PA 19014 (Ice Rink)
Delco Phantoms Ice Hockey
610-497-2200 (approximately 1/2 hr.)

Take Rte 1 north to Rte 322 east, turn right. Follow 322 to Rte 452 north (right). Follow 452 north for approximately .8 miles, then turn right onto Dutton Mill Road. Rink is on the left side, approximately 1/4 mile.

Ice World Skating Arena, Aberdeen, MD (Ice Rink)
Boys' Latin Ice Hockey
410-612-1000 (approximately 1 hr.)

Take Rte 1 south to 272 south. Take I-95 south to exit 80 (past Maryland House). Turn left toward Riverside. At first light bear right onto Rte 7 west (Philadelphia Rd.). Go approximately two miles, turn left onto Governor Court. Rink is at the end.

The Independence School, Newark, DE
302-239-0330 (approximately 30 min.)

Newark Rd. to Rte. 41. Right to Rte. 7 to Rte. 72 (Papermill Rd.). Right onto Route 72. School is on the left

Kimberton Waldorf School, Kimberton, PA
610-933-3635 (approximately 1 hr.)

Rte. 926 east to Rte. 202 north to Rte. 100 north to Rte. 113. Turn right on Rte. 113 and go 4 miles to Hare's Mill Rd. on left. Turn left and follow through village. Go through two 4-way stops to west Seven Stars Rd. Turn left. Cross covered bridge. School is on the right.

King of Prussia Center Ice (Ice Rink)
431 East Valley Forge Road, King of Prussia, PA
Haverford School Ice Hockey (occasionally)
610-354-8970 (approximately 1 hr.)

Rte 202 north to approximately one mile past the King of Prussia Plaza and turn left at the traffic light at Henderson Rd. Go to the top of the hill and at the traffic light turn left onto Valley Forge Rd. Follow Valley Forge Rd. approximately one mile to the rink on the left after the bend.

Lancaster Country Day School, Lancaster PA
717-392-2916 (approximately 1 hr.)

Rte. 41 north to Rte. 30 west. As you pass Fruitville Pike bear right and follow Rte. 30 west. Take first exit (Park City). Turn left at traffic light onto Harrisburg Pike. Turn right at traffic light onto S. President Ave. (Faulkner Olds dealer on right). Right onto Hillcrest Rd. and right again onto Hamilton. School is on right.

Lawrenceville School, Lawrenceville, NJ
609-895-2104 (approximately 1 1/2 hr.)

Rte. 1 to 322 east to Rte. 95 north towards Philadelphia. Follow Rte. 95 north over Scudders Falls Bridge into New Jersey. Take Rte. 206 north to Lawrenceville. School is on right before second traffic light (by golf course).

Lionville Middle School, Lionville, PA
610-524-6300 (approximately 30 min.)

Rte. 926 east to Wollaston Rd. Left to Unionville. Continue straight on Rte. 162 to intersection of Telegraph Rd. Go straight on Telegraph Rd. (162 veers off) to intersection of Sugar Bridge Rd. Left on Sugar Bridge to intersection of Rte. 322. Turn left and follow to Old Rte. 30 in Downingtown. Follow to Rte. 113 and make a left onto 113. Follow 113 up hill for approximately 3 miles, past elementary school on the right and at next light make a right onto Devon Drive. Make first right into entrance for Lionville Park, and you'll be at the fields.

Malvern Prep, Malvern PA
610-640-5942 (approximately 45 min.)

Rte. 926 to Rte. 202 north. Get off at Paoli Pike entrance. Follow Paoli Pike 4-5 miles, past East High School and Rte. 352. Turn left onto Warren Ave. (light after Phelps School). School is on the left.

Montgomery School, Chester Springs, PA
610-827-7222 (approximately 50 min.)

Rte. 926 east to Wollaston Rd. Left to Unionville. Continue straight on Rte. 162 to intersection of Telegraph Rd. Go straight on Telegraph Rd. (162 veers off) to intersection of Sugar Bridge Rd. Left on Sugar Bridge to

intersection of Rte. 322. Turn left and follow to Old Rte. 30 in Downingtown. Follow east to Rte. 113. Bear left on Rte. 113 north and go across Rte. 401. School is on left just past Horseshoe Trail Rd.

Mt. Pleasant Ice Rink, 6202 Hillen Road, Baltimore, MD 21239 (Ice Rink)
410-444-1890 (approximately 1 1/2 hr.)

Take I-95 S to Rte 695 W towards Towson. Follow Rte 695 west to Perring Pkwy (Rte. 41) exit 30. Go south on Perring about two miles and turn right onto Northern Pkwy. Proceed on Northern about two or three blocks (past shopping center and McDonald's) to intersection of Hillen Rd. Rink is at the intersection of Hillen Rd. and Northern Pkwy. Look for Mt. Pleasant Golf Course.

Old York Skating Club (Ice Rink)
Church & Old York Road, Elkins Park, PA 19117
215-635-2770 (approximately 1 hr.)

Take I-95 north to Philadelphia. Take Rte 73 Cottman Ave exit. Cottman Ave will bear left one mile from exit. Follow Rte 73 - 13 west. Cross over Rte. 1 and go approximately four miles (Acme Market is on the left). Turn left at light onto Church Rd. Go three lights and cross over 611. Go approximately 1/8 mile to Wall Park Dr. which is on the left, across from the Yorktown Inn. Park in lot and walk across the bridge to the skating rink.

Patterson Ice Rink, Baltimore, MD (Ice Rink)
410-396-9392 (approximately 1 1/2 hr.)

Take I-95 south (past Beltway 695 exit) to Eastern Ave exit (Highlandtown) and turn right onto Eastern Ave. Go about four miles. You will pass the Patterson Movie on the right. Go two lights after the movie theater and turn right on Linwood Ave. Rink is one block on your left.

Pike Creek Christian School, Newark, DE
302-731-7773 (approximately 1 1/2 hr.)

Rte. 926 east to 82 south towards Kennett. Follow Rte. 82 south through Kennett Square past the high school and go a couple miles and make right over bridge where it dead ends. Follow road to Rte. 7 south and stay on Rte. 7 until you get to the Pike Creek Shopping Center (Goldey Beacom College will be on the left). Go to 2nd light at shopping center (near K-Mart) and make a right onto Linden Hill Rd. Follow to end and make a left, school is on the right down in the valley.

The Pilot School, Wilmington, DE
302-478-1740 (approximately 30 min.)

Rte. 1 north. Right on Rte. 202 south. Go about 1/2 mile past the Concord Mall. Make right on Garden of Eden Rd. (Holiday Inn on the corner). School will be on the left.

The Pond, 101 John F. Campbell Drive, Newark, DE 19714 (Ice Rink)
Caravel Academy Ice Hockey
302-266-0777 (approximately 45 min.)

Rte. 7 south to Rte. 72. Right on Rte. 72 and follow into Newark (will turn into Papermill Road). At intersection with a lot of car dealerships make a left onto Cleveland Ave. Follow to end and make right onto Rte. 2 (Porter Chevrolet on both sides). Get into left land and make left onto Rte. 273. Go to first traffic light (just past Bennigan's) and make right. Make left just before Toyota Dealership on left and the rink is behind the dealership.

Princeton Day School, Princeton, NJ (Ice Rink)

609-924-6700 (approximately 1 1/2 hr.)

Rte. 1 to 322 east to Rte. 95 north towards Philadelphia. Follow Rte. 95 north over Scudders Falls Bridge into New Jersey. Take Rte. 206 north to Princeton, through Lawrenceville. Past the Lawrenceville School go several miles and make left at light onto Elm Rd. Elm turns into The Great Rd. and school is on the left. Take second entrance.

Sacred Heart Academy, Bryn Mawr, PA

610-527-3915 (approximately 45 min.)

Rte. 926 to Rte. 3. Right on Rte. 3 to Newtown Square. Left on Bryn Mawr Ave. (Dunwoody Retirement Village on right). Follow Bryn Mawr Ave. across Rte. 320. School is on left 1/2 mile.

Salesianum School, Wilmington, DE

302-654-7736 (approximately 30 min.)

Rte. 926 to Rte. 1 to Rte. 52 South. Follow 52 to light at Tower Hill School and make a left. Go to second road (behind Tower Hill) and go right; Rockford Park will be on your left onto Augustine cut-off. Go to second stop sign after park and go left and follow road to 1st light and go left. Go over bridge and go straight through light (don't go up hill towards 202). Follow to next light which is Broome Street and make left and Salesianum will be on the left.

Sanford School, Hockessin, DE

302-239-5263 (approximately 30 min.)

Newark Rd. to Rte. 41. Turn left. Go through Hockessin village and up hill. School is on the right.

Shipley School, Bryn Mawr, PA

610-525-4300, ext. 4194 (approximately 50 min.)

Rte. 926 east across Rte. 202 to Rte. 3. Make right on Rte. 3 and follow to Bryn Mawr Ave. Make left onto Bryn Mawr Ave. (Dunwoody Retirement Village on the right). Follow Bryn Mawr Ave. to Rte. 30 (Lancaster Ave.). Go across Lancaster Ave. and follow road to stop sign (Bryn Mawr train station will be on left). Make left at stop sign and go under RR bridge and stay in the left lane. Go to first light and make a left onto Montgomery Ave. Fields and Shipley parking lot will be 1/2 block on right.

Springside School, Chestnut Hill, Pa

215-247-7200 (approx 1 hour)

Take Rt. 476 North (Blue Route) to Rt. 422/Germantown Pike East Exit. Make a right at the bottom of the exit ramp onto Germantown Pike. Continue on Germantown Pike for about 20 minutes. (Landmark: After you pass Chestnut Hill Hospital, on your left, the road becomes Germantown Avenue and you will travel down a hill through the shopping area of Chestnut Hill. You will see a Borders Book store on your left as you enter the shopping district.) Turn right on Willow Grove Avenue (Landmark: just after the Mobil gas station on the left). Continue on Willow Grove Avenue for about 1.5 miles (past the Philadelphia Cricket Club on your right, then Chestnut Hill Academy on left) to the intersection of Willow Grove Avenue and Cherokee Street. For Springside School's Main Entrance, turn right on Cherokee Street, which is the stop sign after the Cricket Club (Landmark: Wissahickon Skating Club is on your left); turn left and parking is available in lot on the right.

St. Andrew's School, Middletown, DE
302-378-9511 (approximately 1 hr.)

Rte. 926 west, make left onto Newark Rd. and continue to Rte. 41. Left onto Rte. 41 to Rte. 7. Right on Rte. 7 and continue to Christiana Mall, picking up Rte. 1 south. Rte. 1 turns into Rte. 13. Stay on Rte. 13 and pass Rte. 896 and Rte. 299. After passing Rte. 299 look for sign on the right for the school. Take right onto Noxontown Rd., continue approximately one mile. School is on the left.

St. Edmond's School, Wilmington DE
302-475-5370 (approximately 40 min.)

Rte. 1 north to Rte. 202 south. Left on Silverside Rd. Go three traffic lights just past Bryn Mawr Shopping Center. Turn left on Vealle Rd. School is 3/4 mile on right.

St. Mark's School, Wilmington DE
302-738-3300 (approximately 35 min.)

Rte. 82 through Kennett to Rte. 7 south. Take Rte. 7 to Rte. 2 (Kirkwood Highway). Make right onto Rte. 2 and go approximately three miles past All Saints Cemetery on the right. You will see signs on the right for St. Mark's High School.

St. Tims School, Baltimore, Md
410-486-7400 (Approx. 75 minutes)

I-95 south to I-695 (Baltimore beltway), just north of Baltimore. Take I-695 west towards Towson to Exit #22 (Greenspring Avenue). Take Greenspring Avenue north for one mile to St. Timothy's School, which will be on your left.

Skatium Ice Rink, Darby & Manoa Roads, Havertown, PA (Ice Rink)
Haverford School Ice Hockey
610-853-2226 (approximately 1 hr.)

Take Rte. 926 to West Chester Pike - Rte 3 east through Broomall to Manoa Rd. Turn left on Manoa and go about one mile. The Haverford Police Station will be on your left. Parking for Skatium is in the back of the police station.

The Tatnall School, Wilmington, DE
302-892-4311 (approximately 25 min.)

Rte. 926 east, right onto Conservatory Rd. to Rte. 1 north. Make right on Rte. 52 south (Encore Shop on the corner). Follow Rte. 52 south through Greenville approximately 10 miles, to Rte. 141 south. Continue to first light, make right onto Barley Mill Rd. Follow approximately two miles; school is on the left.

Tower Hill School, Greenville DE
302-575-0550 (approximately 30 min.)

Rte. 1 north to Rte. 52 south. Go through Greenville and across Rte. 141. School will be on left approximately 2.5 miles past Rte. 141.

Unionville Middle School, Kennett Square, PA
610-347-2000 (approximately 5 min.)

Rte. 926 east to Rte. 82 north towards Unionville. Continue approximately three miles, school is on the right

Villa Marie
610-644-2551

Take 926 east to Rte. 202 north. Follow 202 north to Rte. 30 east. Follow Rte 30 east until Old Lincoln Highway. (right after Rte. 29 exit) Go right onto Old Lincoln Highway. School is up on the left approx. 2 miles.

Welsh Valley Middle School, Narberth, PA
610-664-3112 (approximately 50 min.)

Rte. 926 west, make left onto Newark Rd. and continue to Rte. 1 north. Take Rte. 1 north to Rte. 476 (Blue Rte.) to exit 6 (Rte. 23 exit). Follow Rte. 23 east (Conshohocken State Rd.) approximately four miles through Conshohocken and Gladwyne. Make left at light where road dead ends. Make left at next light onto Hagys Ford Rd. Continue one block, make left onto Tower Lane. School is on the right.

Westtown School, Westtown, PA
610-399-0123 (approximately 30 min.)

Rte. 926 east across Rte. 202. Left onto Westtown Rd. Continue on Westtown Rd. and make a right into the main entrance; field is on the left.

West Chester East, West Chester PA.
610-436-7214 (approximately 30 min.)

Rte. 926 to 202 north to Paoli Pike. Follow Paoli Pike East and School is on right approximately 1 mile.

Wilmington Friends, Wilmington DE
302-576-2394 (approximately 35 min.)

Rte. 52 south to Rte. 141 north. Left off Rte. 52 then right at first light to Rte. 141 north. Cross bridge and bear left up hill. Right at light onto Alapocas Dr. Follow to second stop sign. School is on left. For boys' fields turn right and field is at the end of that street. For girls' fields make left at the stop sign then make the next left and field will be on the left hand side.

Wilmington Lax Club, Wilmington DE
Wilmington, DE (approximately 35 min.)

Route 41 south, past Rte. 48, through intersection of Graves Rd. to next light (past Sanford School on right). Bear right at intersection onto McKennon's Church Rd. Pass McKean High School on right and then make a right onto Mill Creek Rd. Go into entrance of Delcastle Driving Range and fields are behind driving range.

Wissahickon Skating Club (Ice Rink)
550 West Willow Grove Avenue, Philadelphia, PA
215-247-1907 (-1759 office) (approximately 1 hr.)

Take Blue Route to Germantown Pike, 422 east exit on Germantown Pike. Go approximately five miles, road will change to cobblestone. Turn right at the 8000 block - Willow Grove Ave. Go 3/4 mile (past Philadelphia Cricket Club on right). Skating club is on the left side just past Chestnut Hill Academy.

The Woodlynde School, Strafford, PA
610-687-9660 (approximately 45 min.)

Rte. 926 east to Rte. 202 north. Continue on Rte. 202 north to West Valley Road Right off the ramp, at the light, onto West Valley Road. Follow 1.6 miles (approximately) to the stop sign of Upper Gulph Rd. Left onto Upper Gulph Rd. Follow approximately 1/10 mile to light go thru light 1/10 mile go right into gravel parking lot. Strafford Fields.

Revised 07/21/10