

# Upland Country Day School

## Physical Education

### Winter 2011-2012

November 9, 2011

Lower School will begin skating Tuesday November 29, 2011. This letter outlines details about schedules and equipment. Much of this is also covered in the Athletic Handbook, and in the classroom materials list on the website. Please take a few moments to read through this information.

**Lower School** PE days will stay the same in the winter for all grades except fourth and fifth graders. **Fourth and fifth graders** will all be learning hockey skills. Mrs. Stancato and Sylvia Davenport will teach the girls, and Mr. Schluter will instruct the boys. In addition the boy's, will have indoor PE on Mondays and the girls will have indoor PE on Tuesday.

#### Lower School Schedule

<b>Grade</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>PreK</b>		Indoor PE		Indoor PE	
<b>K</b>	Indoor PE		Indoor PE		
<b>1</b>	Skating		Skating		Indoor PE
<b>2</b>		Skating	Skating		Indoor PE
<b>3</b>	Skating	Skating	Skating	Indoor PE	
<b>4/5</b>	Girls' Hockey Boys' Indoor PE	Boys' Hockey Girls' Indoor PE	Girls' Hockey	Boys' Hockey	

#### Skating Equipment Requirements

Grades 1, 2, and 3 boys and girls' ice hockey or figure skates (with socks), skating helmet, gloves or mittens

Grades 4 and 5 ice hockey- ice hockey skates, hockey helmet **with cage**, hockey gloves (elbow pads are suggested); hockey sticks, and mouthguards that attach to helmets.

Some specialized equipment is required for skating. For the safety of the children, **helmets** are required for all boys and girls. Any child without a helmet will not be permitted to skate. Figure skaters may wear horseback riding helmets but bicycle helmets are not permitted. We recommend buying black hockey helmets, but it is ok if you have another color.

**Hockey skates** are recommended. 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.

We recommend the following brand names for hockey equipment:

*Skates:* Bauer, CCM, Nike,

*Helmet (black) with Face Cage:* CCM, Bauer, Cascade

*Stick:* Sherwood, Bauer, Warrior, and Easton

*Gloves:* Cooper, Nike, Bauer, Easton

The above-mentioned equipment can be found at most local sporting goods store. Kelly's Sports in West Chester offers a 10% discount on sports equipment to Upland families. The Pro Shop at The Pond in Newark also offers Upland family discounts.

### **Fitting for Figure Skates;**

1. Your child's skates should fit as snugly as dress shoes. Skates should be tightly laced (if you can get a finger under the lace the skate will be too loose for safe skating) and worn with only a thin pair of socks or tights. Extra pairs of socks will not make skates that are too large fit better. In fact, they will also make your feet colder.

#### 2. How can you tell if the skates fit properly?

- Have your child stand up and walk around. They should walk normally as they would in shoes. If ankles are flopping over, either go to a smaller size, or else the skates themselves don't have enough support.

-Check the lacing. If the eyelets on opposite sides nearly meet, the skates are too big.

- Have your child bend his/her knees. While her knees are bent you should hold on to the heel area of the skate and ask your child to try and lift his heel. There should be very little movement.

-When you hold onto a skate in the back at the top and it flops over, that skate does not have enough support for your child.

#### 3. Where to find skates for your child?

-Used skates work very well. Upland has a "**Used Skate Closet**" and we have used skates for beginner skaters. Outgrown skates may be available in our rink by asking other parents, or putting up a notice on the bulletin board. Avoid buying new *figure* skates from sports stores as these generally are strictly for pond skating outside.

4. Make sure the skates you have purchased are sharpened before getting onto the ice!!! The CCSC rink charges \$5.00 to sharpen skates.

Sincerely,

Peter L. Schluter  
Director of Athletics

Anmarie Stancato  
Assistant Director of Athletics