

HIGHLAND HAWKS



PEAK PERFORMANCE NEWS: AUG 2010

www.highlandsports.org

Please be sure to visit the Highland sports web site on a continuous basis throughout the school year.

"Another Special Year"

Annually, summer provides the opportunity for relaxation and recreation. Additionally, this time of year also brings excitement. I look forward to getting the school year and fall sports program underway. Once again, we have another outstanding freshman class joining our Upper School. We have also admitted highly motivated and qualified transfer students who look forward to participating in our athletic program. Finally, we have hired several new high profile, knowledgeable and experienced coaches to lead our student athletes. To say that I am expecting "another special year" is an understatement. In many ways, 2010-11 could be one of our school's best ever!!

We are continuing our membership with the national agency, Positive Coaching Alliance (PCA). Through PCA, we constantly focus on the "ROOTS" of athletic participation. Further defined as respect for Rules, Opponents, Officials, Teammates and Self, this acronym becomes our central focus in the athletic program. As opposed to coaches instilling a "win at all cost" philosophy, we instead concentrate on providing our student athletes with a quality experience that can teach life-long lessons. Our department's athletes focus upon three main goals: 1) make yourself better; 2) make your team better; and 3) make the game better. As for parents, we can and should serve as an important part of our children's athletic success. **Our school's theme this year is Perseverance.** This will be a great opportunity for all of us to share in our children's experience by encouraging them to believe in their ability to grow and improve, not only as athletes but as young adults.

Please be aware of two very important documents for upcoming, athletic participation:

The first document is the required athletic physical form that can be obtained and downloaded from www.highlandschool.org, School News, Handbook & Forms. Every student athlete MUST have this form completed and on file prior to trying out for or participating with a school team, and all forms must have a completion date no earlier than June 1, 2010. Kindly note the added requirements on this form for new students to Highland School.

The second document (attached) is an outline of preschool tryouts/workouts and practices. Within it, I have also provided the email addresses for all fall coaches should you wish to contact them directly about your child plans to participate and/or any need to communicate an absence.

Indeed, I look forward to another special year and I am both pleased and grateful that you are a part of the Highland team!!

Sincerely,

Gary Leake
Athletic Director

FALL SPORTS TRYOUTS/PRACTICE SCHEDULE ATTACHED
(also posted on the sports web site)

Gary Leake, Athletic Director

gleake@highlandschool.org
(540) 878-2760

HIGHLAND
SCHOOL



P
E
R
S
E
V
E
R
A
N
C
E

Home of the Hawks



UPPER SCHOOL FALL SPORTS Preseason Schedule: 2010

Sport and Coach Contact	Tryouts and Practices		
	Date	Time	Location
Cross Country: Girls & Boys: COACH Sally Pont spont@highlandschool.org	August 17 – 19	9:00 – 10:30am	Patio
	August 23 – 27	9:00 – 10:30am	Patio
	August 30 – Sept 2	3:30 – 5:30pm	Patio
Field Hockey: Girls: COACH Ness Sufrin vsufrin@highlandschool.org	August 23 – 27	8:00 – 11:00am	Turf Field
	August 30 – Sept 2	3:30 – 6:00pm	Turf Field
Tennis: Girls: COACH Paola Riccetti paola.riccetti@gmail.com	August 23 – 27	9:00 – 11:00am	Courts
	August 30 – Sept 2	9:00 – 11:00am	Courts
Volleyball: Girls: COACH Gary Hicklin ghicklin@highlandschool.org	August 17 – 20 *	9:00 – 1:00pm	US Gym
	August 23 – 27	9:00 – 1:00pm	US Gym
	August 30 – Sept 3	3:30 – 6:00pm	US Gym
	Sept 6, Labor Day	TBA	US Gym
Soccer: Boys COACH Reynolds Oare roare@highlandschool.org <i>same week:</i>	August 17 – 20	8:30 – 10:30am	Turf Field
	August 23 – 27	9:00 – 11:00am	Turf Field
	August 23 – 27	5:00 – 7:00pm	Turf Field
	August 30 – Sept 2	3:30 – 6:00pm	Turf Field

* Conditioning/Skills Training

Gary Leake: Athletic Director gleake@highlandschool.org
Peachie Robinson: Athletic Trainer probinson@highlandschool.org

All student athletes who are planning on attending tryouts and practices must have a current physical on file with Highland's trainer, Peachie Robinson!!

Student athletes must attend all sessions listed above unless they have a pre-approved absence from their coach.