



THE STEWARD SCHOOL

2018 Summer and Fall Athletic Information

Below you will find important information regarding your preparation for fall athletics, including the recommended summer training and practice schedules.

You do not have to sign up to participate in the Middle or Upper School athletics program. Any student interested in a particular sport should plan on attending the first day of practice with required equipment in hand, which is listed below. Student-athletes are highly encouraged to contact their coaches prior to the first day of practice.

Summer Athletic Opportunities

- **2018 Summer Weight Training Performance Program:** Steward offers a seven-week athletic performance program that encourages athletes to use the summer to maximize their athletic abilities and reduce the risk of injury in the future. Information for this program is posted [on our website](#).
- **Optional Summer Athletic Practices/Workouts/Open Gyms:** Some fall coaches are holding practices during the summer. If interested, please contact your coach (see below for contact information).

Athletic Forms

- **Athletic Physical Form**
 - Must be completed (including parent and physician signatures) and returned to the school by the first day of practice
 - Must be dated on or after May 1, 2018
 - Found on the 2018-19 School Year Information page, <http://www.stewardspartans.org>, and Magnus Health. Please click [here](#) to access this form directly.
 - Submitted via Magnus Health (preferred) or to the reception desk in Wilton Hall
- **Consent for Cognitive Testing Form**
 - Must be completed and returned to the school by the first day of practice
 - Found on the 2018-19 School Year Information page, <http://www.stewardspartans.org>, and Magnus Health. Please click [here](#) to access this form directly.
 - Submitted via Magnus Health (preferred) or to the reception desk in Wilton Hall

Please note that Steward will NOT be offering student physicals on campus this fall.

Athletic Website: www.stewardspartans.org

Powered by [rSchoolToday](#), our athletic website and athletic calendar organizes global daily athletic events and features team pages, schedules, practices, rosters, scores, pictures, and coaching information.

The site also enables players and parents the option to receive text and/or email notifications about games and practices. rSchoolToday will be the main source of communication from the Athletic Department, so it is highly recommended to sign up for notifications.

Fall sports schedules and practices will go “live” on or before the first day of practice. Note: these are subject to change, but if you’re signed up for practice and game notifications you will be notified in real-time when events change.

Athletic Handbook for Parents and Students

The Athletic Handbook for Parents and Students is part of The Steward School Parent and Student Handbook. It includes information such as expectations and sportsmanship, academic eligibility, inclement weather policies, selection of teams, and much more. By signing The Steward School handbook pledge form for the 2018-19 school year, you are agreeing to all of the terms and conditions outlined in the expectations for student-athletes section.

Sport Acclimation

In order for athletes to meet the base fitness level needed to participate in their chosen sports, all athletes must complete a minimum of **TEN** practices before participating in any game. This policy permits athletes to acclimate to the temperature, playing surface, and equipment of the sport and to minimize risk and injury.

Save the Date: Parent/Guardian Athletic Meetings in Robins Theatre

Attendance is required by parents/guardians in order for their child to participate on an athletic team. There will be two opportunities to attend:

- ***Thursday, August 9, 2018, 7-8 p.m.***
- ***Wednesday, August 29, 2018, 5-5:45 p.m.***

Save the Date: Sports Pictures

- ***Senior Fall Sports Picture: Thursday, August 16, 2018, 3-4 p.m.***
- ***Individual & Team Sports Pictures: Thursday, September 6, 2018, after school during practices***

Fall Sports and Practice Start Dates

Note: These practices are tentative and may change. The athletic department will update this document as well as the Athletic Calendar ([rSchoolToday](#)) on the Athletics Website (www.stewardspartans.org) throughout the summer as coaches notify the athletic department of changes.

TENNIS

Program Contact: Kurt Hammerschmidt, Director of Girls Tennis

Email: 123lhammer@embarqmail.com

Varsity Girls Tennis

Start Date: Monday, August 13

Preseason Practices (August 13-24): 8:30-10:30 a.m. on the Steward Tennis Courts

Regular Season Practices (Beginning August 27): 3:30-5:30 p.m. initially Monday through Friday on the Steward Tennis Courts (will eventually move to 4-6 p.m.)

Middle School Fall Co-Ed Tennis

Start Date: Tuesday, September 4

Practice Information: Six-week program, after school days from 3:30-5 p.m. Monday through Friday on the Steward Tennis Courts. Will meet 3-4 days a week (availability based on varsity matches). Weekly practice schedule communicated to parents by coach and updated on Athletic Calendar. We have plans to participate in the Richmond Junior Suburban Tennis League (confirmation and more details to come).

BOYS SOCCER

Program Contact: EJ Watkins, Head Varsity Boys Soccer Coach

Email: Edward.Watkins@stewardschool.org

Varsity Boys Soccer

Start Date: Monday, August 13

Week of August 13: Monday 8-10 a.m., Tuesday & Wednesday 8-11 a.m. and 6-8 p.m., Thursday & Friday 6-8 p.m.

Week of August 20: Monday: 4-6 p.m., Tuesday: 7:30-8:30 a.m.; 6 p.m. home scrimmage vs Benedictine, Wednesday: 4-5:30 p.m., Thursday: 4 p.m. scrimmage at The Highland School, Friday: 4-5:30 p.m.

Regular Season Practices (Beginning August 27): 4-6 p.m. Monday through Friday on Field 2

JV Boys Soccer

Start Date: Monday, August 13

Week of August 13: Monday 8-10 a.m., Tuesday & Wednesday 8-11 a.m., Thursday & Friday 6-8 p.m.

Week of August 20: Monday 4-6 p.m., Tuesday: 4-6 p.m., Wednesday 4-5:30 p.m., Thursday: 6 p.m. home scrimmage vs Benedictine, Friday: 4-5:30 p.m.

Regular Season Practices (Beginning August 27): 4-6 p.m. Monday through Friday on Field 2

Middle School Boys Soccer:

Start Date: Monday, August 20

Practice Information: 3:30-5 p.m. Monday through Friday on Field 1

GIRLS VOLLEYBALL

Program Contact: Greg Young, Head Varsity Girls Volleyball Coach

Email: Greg.Young@stewardschool.org

Varsity Girls Volleyball

Start Date: Monday, August 13

Week of August 13: (Monday-Wednesday: mandatory tryouts; Thursday-Friday: practice)

August 13: 3:30-6:15 p.m.

August 14/15: 4:45-7:15 p.m.

August 16/17: 4-6:15 p.m.

Regular Season Practices (Beginning August 20): 4-6:15 p.m. Monday through Friday in the Steward Gyms

JV Girls Volleyball

Start Date: Monday, August 13

Week of August 13 (Monday-Wednesday: mandatory tryouts; Thursday-Friday: practice)

August 13: 3:30-6:15 p.m.

August 14/15: 4:45-7:15 p.m.

August 16/17: 4-6 p.m.

Regular Season Practices (Beginning August 20): 4-6 p.m. Monday through Friday in the Steward Gyms

Middle School Girls Volleyball:

Start Date: Monday, August 20

Practice Information: 3:30-5 p.m. Monday through Friday in the Steward Gyms

FIELD HOCKEY

Program Contact: Susan Twining, Head Varsity Girls Field Hockey Coach

Email: Susan.Twining@stewardschool.org

Varsity Field Hockey

Start Date: Monday, August 13

Week of August 13: 6-8 p.m. Monday through Friday on Field 3

Week of August 20: 8:30 a.m.-5 p.m. Monday through Wednesday (on-campus team camp); Thursday and Friday 6-8 p.m.

Regular Season Practices (Beginning August 27): 4-6 p.m. Monday through Friday on Field 3

Middle School Field Hockey

Start Date: Monday, August 20

Practice Information: 3:30-5 p.m. Monday through Friday on Field 3

CROSS COUNTRY

Program Contacts: Laura Akesson and Todd Serr, Head Girls and Boys Varsity Cross Country Coaches

Emails: Laura.Akesson@stewardschool.org and Todd.Serr@stewardschool.org

Summer Training Schedule:

- <https://docs.google.com/spreadsheets/d/1Jux3SpHko522WOiGWCIX9EfN9dImWSQi7UfEMxiofmc/edit?usp=sharing>

Varsity Boys and Girls Cross Country

Start Date: Monday, August 13

Week of August 13: 7:30-9:30 a.m.

Week of August 20: Monday-Wednesday: 7-8:30 a.m.; Thursday and Friday: 7:30-9:30 a.m.

Regular Season Practices (Beginning August 27): Monday-Friday 3:30-5 p.m. around campus or at Deep Run Park

Middle School Boys and Girls Cross Country

Start Date: Monday, August 20

Week of August 20: 7-8 a.m.

Regular Season Practices (Beginning August 27): Monday-Friday 3:30-5 p.m. around campus or at Deep Run Park

If you have any questions regarding your child's participation in a sport, please feel free to contact Athletic Director **Bruce Secrest** at Bruce.Secrest@stewardschool.org or (804) 565-2305 or Assistant Athletic Director **Christen Heidler** at Christen.Heidler@stewardschool.org.

We look forward to seeing you in August. In the meantime, have a terrific summer and start training today.