



2018-2019 CHS Upper School (Grades 4-6) Athletics

All Upper School students participate in an interscholastic athletics program designed to foster teamwork, build school spirit, enhance sport-specific skills, and expose students to competition with other nearby independent schools. Offerings include soccer in the fall, basketball in the winter, and baseball or softball in the spring. The program is introduced in Grade 4. Practice times are added to 4th grade students' weekly schedules in order to prepare for a limited number of games each season. In Grades 5 and 6, extended school day (until 3:45 p.m. Monday - Thursday) allows for extra time for athletic practices, games and study hall. Team games provide students with additional opportunities to hone and apply skills and sportsmanship.

The Upper School Athletic program for Grades 4, 5, and 6 begins the first week of school with the schedule for the duration of the school year, rain or shine. Details regarding games or schedule changes will be communicated to parents in advance. Please note games are often 3:30 p.m. - 4:30 p.m. Teams return back to CHS following an away game around 5:15 p.m. Contact Marcus Nickerson mnickerson@tchs.org with any questions.

For the fall soccer season, please ensure that students bring the following:

- sneakers
- shin guards
- water bottle
- sweatshirt for cool days
- soccer cleats (recommended, although not required)

The following athletics practice schedule is in addition to Physical Education class that is part of your child's weekly schedule:

Mondays and Tuesdays

- Grade 5/6 Girls' Practice
- 3:45 p.m. dismissal

Wednesdays and Thursdays

- Grade 5/6 Boys' Practice
- 3:45 p.m. dismissal

Fridays

- Grade 4 Co-ed Practice
- 1:45 p.m. dismissal