

Louisville Collegiate School Athletics Handbook

Mission of Louisville Collegiate School

Louisville Collegiate School prepares talented, diverse students to meet both college and lifelong learning challenges with character, confidence, and imagination.

Mission of Louisville Collegiate School Athletics

To support the overall mission of the school by providing challenging athletics where student athletes can learn the value of competition, commitment to a team purpose, responsibility to teammates and self, and achieve physical and mental fitness.

Dear Parents,

As the Athletic Director, I want to thank you for taking part in our ongoing process of maturing young athletes by setting and holding high standards for your children. We, as coaches and administrators, strive to put our best product on the field, court, track or pool and seek to provide a rewarding experience for our athletes. It is only with your help and support for our coaches and administration that we will be able to achieve these goals.

We believe that the children come first while we are pursuing a competitive athletic environment. Our athletes will come away from their seasons with lasting memories, and it is our job to make them fond ones marked by hard work and goals achieved.

Tim Williams
Athletic Director
Louisville Collegiate School

Important Contact Information

www.loucol.com/athletics

Website contains practice and game schedules.

Please sign up for email updates for any schedule changes.

ATHLETICS HOTLINE 479-0388
check changes in daily athletics schedules
(updated daily by 10:00 am)

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Athletics Philosophies by Level

All sports teams at Collegiate should strive to compete at the highest level possible. Competition is an important component of the pursuit of excellence and should be encouraged. In this pursuit however, coaches, players, administrators, and parents should keep in mind that the overall mission of an interscholastic athletics program is to teach character, commitment, responsibility, and humility. We at Collegiate play to win, but not at the expense of fair play or the exclusion of potential student athletes.

Collegiate Athletics strives to provide opportunities to all interested individuals to become well-rounded student-athletes. We pride ourselves in providing the best learning and competitive situations for each of our participants. Coaches evaluate potential players in order to place each individual onto an appropriate skill level team that will provide the appropriate competitive situation and ensure the best experience. We seek to include all interested participants at an appropriate level of competition and we are committed to the following goals:

1. Teach the value of competition.
2. Develop athletic skills.
3. Encourage commitment to a team and a season-long process.
4. Teach the value of teamwork.
5. Learn from both positive and negative situations.
6. Develop leadership, judgment, and character.
7. Develop sportsmanship and ethical conduct in the context of fair play.
8. Develop a strong work ethic.

Being a part of the athletic program and a team is a privilege and a commitment to hard work, self-discipline and dedication. In earning a place on an athletic team at Collegiate the student-athlete takes on the following responsibilities:

1. Be a worthy representative of the school, teammates, and coaches at home and away contests and practices.
2. Maintain a high level of fitness and health.
3. Refrain from the use of illegal drugs and/or alcohol.
4. Be a positive contributor in practices and games regardless of playing time.
5. Be responsible for personal and teammates' safety at all times.
6. Be a model of good sportsmanship.
7. Learn to balance time commitments between school work and athletics in a constructive manner.
8. Commit to fully participate in the entire season of practices and games.
9. Be on time to all practices and games.
10. Be responsible for communication with coaches and staff when emergencies arise that conflict with athletic responsibilities.

Each level has its own philosophies that drive it, but in all levels of play we strive to teach fundamentals, team play, and character.

Middle School Athletics

The philosophy of Collegiate's middle school athletics program is one of inclusion. We are committed to giving the interested athlete a place to play and improve his or her athletic skill. In situations where there are more players than can be accommodated by one team, there will be a tryout/evaluation period where coaches will evaluate each player and place him or her on an appropriate skill level team. All players will be placed on a team that is equal to his/her skill level. We seek to provide an environment where our athletes can feel challenged, but not overwhelmed, and can feel a sense of accomplishment.

Middle school sports are, in most cases, an introduction to athletics at Collegiate. Therefore, our coaches focus on fundamentals as a stepping stone to the next level of competition. With this in mind, players on Middle School teams will receive as much playing time in games as possible. Playing time will not be equal, but it should be meaningful in each game, and substantial over the course of the season. Playing time is a privilege and will be limited by disciplinary action, being late for or missing practices, or disruptive behavior in practice. Disciplinary action will be mandated by the coach or the athletic director on a case by case basis.

Developing individual and team skills as well as a team attitude are the primary goals of the middle school program. We strive to teach our young athletes as much about commitment to the team process, responsibility for one's actions and having a positive attitude as we do about the physical skills of the game. Success on the Middle School level is not measured so much in wins and losses as improvement in physical skills and team attitude.

1. Middle School athletics is viewed as a developmental time for individual and team fundamentals to prepare the student athletes for the next level of play.
2. Middle School teams will consist of Gold and Zons for the "varsity", Blue and Amas for the "junior varsity," and the White team as a developmental team.
 - a. All teams will be open to 6th - 8th graders.
3. In sports that accommodate it, there will be a sixth grade only team.
4. Gold and Zons teams will practice four times per week and have a full competitive game schedule.
 - a. These teams will strive to be the most competitive team that we can offer in the Middle School and compete against other school's top teams.
 - b. Coaches will play all players in most games, but all players will not receive equal playing time.
 - c. Players will earn playing time through skill, hard work and contribution in practices.
 - d. Disciplinary matters will be handled internally by the coaching staff and could result in loss of playing time
 - i. The athletics department will act only in an advisory and supporting role. Therefore, any disciplinary questions should be directed to the coaching staff.

5. Amas and Blue teams will practice four times per week and have a full competitive game schedule.
 - a. These teams will serve as junior teams which will compete with similar levels of teams from other schools.
 - b. Fundamentals will be stressed to prepare players for the next level of play.
 - c. Coaches will play all players in games, but playing time will not be equal in all games.
 - d. Players will earn playing time through hard work and contribution in practices.
 - e. Disciplinary matters will be handled internally by the coaching staff and could result in loss of playing time.
 - i. The athletics department will act only in an advisory and supporting role. Therefore, any disciplinary questions should be directed to the coaching staff.
6. The White team will be a skill developmental team which will practice three to four times a week with a limited playing schedule consisting of intra-squad and interscholastic games.
 - a. This team will serve co-ed players, where appropriate, with entry level skills.
 - b. Focus will be on individual and team fundamental skill development.
 - c. Games will be with other entry level teams and the schedule will not be as long as the Amas, Zons, Gold, or Blue teams.
7. Sixth grade teams will be comprised solely of sixth graders as some of the sports we play have sixth grade leagues which accommodate sixth graders only.
 - a. Sixth grade teams will practice three times a week with one or two games a week.
 - b. The sports currently offered only to sixth graders are:
 - i. Field Hockey (fall)
 - ii. Basketball (winter)
 - iii. Intramural Golf (spring; depending on interest)
 - iv. Baseball Clinic (spring; depending on interest)
8. Practice times for most Middle School teams will generally begin immediately after school and last for one and a half hours, but it is best to consult individual team practice schedules for individual differences.
 - a. Practice space in some instances is limited and can only be used in early and late shifts causing some teams to practice “late”.
 - b. Practices may also be late because of individual off campus coaches’ schedules.
 - c. Off campus practice which begins before 4:30 will have transportation provided to the practice site and back to Collegiate’s main gymnasium on Ray Ave.
 - d. Parents can pick up children at the practice site if arriving early enough, but the bus will leave promptly at the departure time to accommodate parents who choose to wait at Collegiate.
 - i. Late arrivals will have to pick up children at Collegiate as the bus cannot wait.

9. Please check schedules often for updates and changes. While all attempts will be made to keep these changes to a minimum, they will occur, so please be on the lookout for them.
 - a. All attempts will be made to alert parents of changes in the schedule well in advance.
10. Issued uniforms are the property of Louisville Collegiate School and should be returned to the athlete's coach no later than two weeks after the end of the season.
 - a. It is very difficult to replace missing uniforms and the price for a lost uniform will be double the retail price.
11. Some equipment and/or uniforms for sports will be purchased by the sport-participants.
 - a. In the case of players buying equipment, it will be made known at the beginning of the season, and the cost will be billed to the student's account.
 - b. These items are the property of the sport-participants and can be kept at season's end.
12. Fall sports will begin the week prior to the beginning of school in August.

Upper School Athletics

In the Upper School, more emphasis is placed on being competitive within our districts and creating a competitive drive. We feel that competition is a healthy facet of maturing into adulthood. It gives a student-athlete a chance to measure his or her abilities against others to gain a standing of personal achievement. We strive to put our athletes into healthy competitive situations that will challenge them, stretch their boundaries, and motivate them to improve. In so doing, we hope to create a well-rounded student-athlete who contributes to our school culture in the classroom and the athletic arena.

Freshman and Junior Varsity teams are transitional teams from the Middle School and will focus on improvement of skills to move the players into Varsity status. Tryouts are common for different sports and a player will be evaluated to see which level of competition best suits him or her. The primary goal for the Freshman and Junior Varsity teams is to prepare athletes for Varsity competition.

At the Varsity level the commitment is to put the best team on the track, court, pool or field. Physical skill, team attitude, dedication, and experience will be weighed more heavily than age or grade level when selecting these teams.

All Upper School teams will practice every school day, with occasional weekend practices at the coach's discretion. Fall sports teams will begin their practices prior to the first day of classes and generally begin in mid-July. Varsity athletes should anticipate competition over school holidays such as fall break, winter break, and spring break. All teams will play full competitive schedules.

Students in grades 7-12 are eligible for Upper School athletics, but Middle School students are only eligible for upper School athletics if invited by the coach or Athletic Director.

1. Practice times will be immediately following the school day when possible.
 - a. Practice venues may be limited causing a “late” and an “early” shift.
 - b. Off campus practices may require Upper School students to drive or carpool to the practice site.
 - c. Please refer frequently to your practice schedule and pay close attention to possible changes to practice or game times or sites.
2. Commitment to an Upper School sport is rigorous and demands commitment.
 - a. Practices and games during holidays or non-school time are to be expected.
 - b. Time management of school work, practice, and game time is extremely important.
 - i. It is not permissible to use school work as an excuse to miss practice or game time.
 - ii. Athletics time commitments should be anticipated and study time should be thoughtfully scheduled.
3. Issued uniforms are the property of Louisville Collegiate School and should be returned to the athlete’s coach no later than two weeks after the end of the season.
 - a. It is very difficult to replace missing uniforms and the price for a lost uniform will be double the retail price.
 - b. Any senior who wants a uniform souvenir should contact the Athletic Director to arrange for purchase.
4. Some equipment and/or uniforms for sports will be purchased by the sport-participants.
 - a. In cases where equipment/uniforms are to be purchased, the participants will be notified at the beginning of the season and the cost will be billed to the student’s account.
 - b. These items are the property of the sport-participants and can be kept at season’s end.

Beginning the Season

Tryouts/Evaluation

1. Each season will have a designated tryout/evaluation period of one week where the coaches will evaluate the athletes who are competing for spots on our various teams.
 - a. Coaches are responsible for an evaluation protocol for each sport and sport level.
 - b. Evaluation for fall sports will be prior to the beginning of the school year for middle school teams.
 - i. **Upper School practices** (freshman, JV, and Varsity) beginning times are mandated by the KHSAA, but are generally in **mid-July**.
 - ii. **Middle School practices** (Gold, Blue, White, Amas, Zons) will begin **1 week** prior to the start of school.

2. Evaluation is left to the individual expertise of coaches in their sport, but coaches are encouraged to consult the Athletic Director as needed.
3. The week-long evaluation should consist of 2-3 days of open play to assess individual skills, and no sooner than the 3rd day begin to assess team situations by placing players into groups that will change as coaches assess team dynamics.
4. Please consult the appropriate level (middle, upper) section of this handbook for team makeup and philosophies.
5. **Player Contracts: all Collegiate athletes will be asked to sign a Player Contract in order to clarify and confirm expectations for each team during a season.** This is in order to make team rules and attendance requirements clear to players, parents and coaches. These will be signed and returned to the coaches during the first week of the season.

In Season

Scheduling

1. All efforts will be made to keep the practice and game schedule with as little change as possible.
 - a. Changes do occur, and many times without the control of the Collegiate Athletics Program.
 - b. The website www.loucol.com/athletics has practice and game schedules as posted periodically throughout the season.
 - i. The user can select the desired sport link on the site and choose the view of the schedule.
 - ii. The user can also choose to have automatic emails be sent to him or her to announce changes/additions/deletions from the schedule.
 - c. Please use the Athletics Hotline (479-0388) or sign up for email updates from the web schedule for game-day changes.
 - d. Coaches are asked to create a phone/email list for communication purposes.
 - i. Any assistance given to the coaches to promote communication is appreciated.
 - e. Parents are asked to participate as a “team parent” to help facilitate communications, coordinate volunteers for game day help, and coordinate end of the season parties.
2. Any game cancellations for any reason will be announced as close to 1:30pm on that day and placed on the Athletics Hotline (479-0388).
3. Middle School Athletics will not practice on a day that there is no school.
 - a. An exception would be fall pre-season practices/evaluation.
 - b. All efforts will be made to not have games on days with no school.
4. Upper School Athletics participants should anticipate practices and games on days without school.
 - a. Efforts will be made to keep these activities at a minimum.
 - b. Please anticipate practices and games over Fall, Winter, and Spring breaks.

Booster Club/Parent's Association

1. Booster Club helps the Collegiate Athletics Program in many ways.
 - a. Purchase of large ticket items for teams.
 - i. New uniforms or warm-ups.
 - ii. New equipment such as batting cages, rowing shells.
 - iii. Weight room equipment.
 - iv. Coaching education clinics.
 - v. School spirit items.
 - b. Assistance in game day operations.
 - i. Collecting admissions to sporting events.
 - ii. Running the concessions stand.
2. How to get involved -
 - a. Participate as a team parent.
 - i. Help organize phone lists of all parents of players on your team.
 - ii. Help coaches communicate information on schedule changes.
 - iii. Coordinate parents to help in game day operations for your team.
 - b. Participate in fund raisers for the athletic program.
 - c. Support Collegiate's teams with your attendance and encouragement.

Transportation

1. Transportation is provided to Middle School athletes and their coaches for off-campus practices and games happening on school days between the hours of 3pm and 4:30pm.
2. Upper School teams will be provided with transportation on an as needed basis with priority given to those teams with non-drivers.
3. If a game is late or on the weekend, then the coach must make arrangements with the athletics administrative assistant for transportation.
 - a. It is suggested that the coach have the parents bring the players to the away game site (if it is in town) for late games and games on the weekends.
4. It is the coach's responsibility to make sure that all players have transportation to and from the away game sites.
 - a. If a game is out of town, transportation will be provided and the coach should provide the parents with an expected time of departure and return.
5. Please check the transportation schedule frequently with the athletics administrative assistant to anticipate any possible conflicts.
6. In the event of a practice off campus, parents may elect to pick up their children at the site.
 - a. **Parents must be on time at the site to pick up their children, otherwise the child will have to ride the bus back to LCS and be picked up there.**
7. If school transportation has been provided to a game, parents may pick up their children as long as they let the coach know.

- a. **No child can ride home with someone who is not their parent unless the coach is contacted by the parent and arrangements made before hand.**

**** Transportation is generally not scheduled on days when school is not in session or if the game begins late (generally 5:30 and later) – Coaches must make arrangements for transportation with the athletics administrative assistant if transportation is needed on these dates.**

End of Season

1. All uniforms and issued equipment should be returned to your team's coach no later than 2 weeks after your season ends.
 - a. Please clean all uniforms before turning them back in.
 - b. Please assist the coach in collecting your child's uniform.
 - c. If Senior players want a "keep sake" please inform them to contact the athletics office and arrangements can be made for them to purchase a replica.
2. **All current uniforms must be turned in: players are not allowed to keep uniforms or equipment that is property of LCS.**
3. An end-of-the-season banquet for your team to get together and celebrate their accomplishments will be arranged in cooperation with parents and the coach of the individual sport.
 - a. Please be open to suggestions for help in planning this.
4. The athletics department will sponsor an all school assembly where all teams in a sports season (fall, winter, spring) will be recognized in addition to each team's end-of-the-season banquet.
 - a. Please consult the school calendar, website, or contact the athletics office for information and dates of seasonal sports assemblies.

Athletic Awards

1. A final roster will be submitted to the athletics office by each team's coach no later than one week after the season. The roster should include:
 - a. Letter winners, participation certificate winners, managers, captains along with players and coaches.
 - b. In-season awards won by players such as all-tournament, all-district, all-state, etc.
2. Selection of award winners:

- a. The team's coaching staff will decide the winners of the MVP and MIP awards.
 - b. Players will vote on winners of the AMAZON/TITAN award at the end of the season.
 - c. The coach has veto power and should make sure that the players understand the true spirit of the award before they vote on the recipient.
 - d. In the event of a tie, the coach will cast the deciding vote.
 - e. In the Middle School, the coach has the option of selecting all the awards recipients.
3. Awarding varsity letters:
- a. Players should be a full-time member of the team in good standing for the whole season unless extenuating circumstances do not allow for this to occur such as:
 - i. Season ending injury.
 - ii. Illness.
 - iii. Family emergency.
 - b. In these circumstances the player should be a contributing member of the team for the majority of the season.
 - c. Exceptions to this rule should be discussed with the Athletic Director.
4. The following awards and criteria will be presented at the designated levels:
- a. Amazon or Titan Award (all levels)
 - i. Awarded to the player who contributes to the overall spirit of the team; one who is motivated, motivates others, and is a positive influence on the team.
 - b. Most Improved Player (MIP; given at Varsity, JV, and freshman levels)
 - i. Awarded to the player who has shown the best work ethic and improvement throughout the season.
 - c. Most Valuable Player (MVP; given at Varsity level)
 - i. Awarded to the player who the team cannot do without; this player should be one of the most skilled, if not the most, but should also show leadership and attitude to make others on the team better performers.

These awards will be given formally at the athletics assembly at season's end. Coaches may announce the recipients of the awards at their individual banquets, but should not present them.

Informal individual team awards determined by coaching staffs (statistical leaders, sport specific awards, etc.) should be presented at the individual team banquets for a more intimate setting.

Athletics Opportunities

Middle School

1. Fall Opportunities: *Fall season's practices will begin 1- 2 weeks before the beginning of the school year and last until mid October.*
 - a. **6th grade (Chestnut) Field Hockey:** Made up of 6th grade girls only, the participants will be required to practice 3 times on Collegiate's lower field. Practices will be immediately after school, and games will generally be on weekdays after school.
 - b. **7th grade (Buckeye) and 8th grade (Acorn) Field Hockey:** Both teams will practice 4 times a week with games generally on weekdays after school. Practices will be off campus and designated prior to the start of the season.
 - c. **White Soccer:** Made up of 5th, 6th, 7th, and 8th grade boys and girls who are beginning the sport. This will be a developmental team whose focus will be on fundamentals and will play a short season. Practices will be generally on campus 3-4 times a week.
 - d. **Blue and Gold Soccer:** Made up of 6th, 7th, 8th grade boys and girls who will be evaluated and placed onto each team on the basis of skill. Gold will be designated as the higher skilled team. Both teams will practice 4 times a week with games generally on weekdays after school. Practices will be off campus and designated prior to the start of the season.
 - e. **Cross-Country:** Made up of 7th-12th grade boys and girls who will be evaluated and placed onto a junior varsity or varsity team. Practices will be up to 5 times a week with some meets on weekends. This is an Upper School team on which Middle School athletes are invited to participate.
 - f. **Boys and Girls Golf:** Made up of 7th-12th grade boys and girls who will be evaluated and placed onto a junior varsity or varsity team. Practices will be designated by the coach and matches will be on weekdays and weekends. This is an Upper School team on which Middle School athletes are invited to participate.

2. Winter Opportunities: *Winter season's practices begin in mid October and last until mid-February.*
 - a. **5th grade basketball:** One team of boys and one team of girls will participate in a league hosted off campus. The boys league will be hosted by Whitefield Academy and the girls league will be hosted by Christian Academy. Practices will be 3 times a week at varying sites designated prior to the season, and games will be on Saturdays.
 - b. **6th grade basketball:** One team of boys and one team of girls will participate in a league hosted off campus. The boys league will be hosted by Whitefield and the girls league will be hosted by Christian Academy. Practices will be 3 times a week at varying sites designated prior to the season, and games will be on Saturdays.

- c. **Amas and Zons basketball:** Made up of 6th, 7th, and 8th grade girls who will be evaluated and placed onto a team on the basis of skill. The Zons team will be designated as the higher skilled team. Both teams will practice 4 times a week with games generally on weekdays after school and occasionally on the weekend. Practices will be on and off campus as designated prior to the season.
 - d. **Blue and Gold basketball:** Made up of 6th, 7th, and 8th grade boys who will be evaluated and placed onto a team on the basis of skill. The Gold team will be designated as the higher skilled team. Both teams will practice 4 times a week with games generally on weekdays after school and occasionally on the weekend. Practices will be on and off campus as designated prior to the season.
 - e. **White basketball:** Made up of 6th, 7th, and 8th grade boys who are beginning the sport. This will be a developmental team whose focus will be on fundamentals and will play a short season. Practices will be on or off campus 3-4 times a week.
 - f. **Indoor Track:** Made up of 7th-12th grade boys and girls. Practices will be up to 5 times a week with some meets on weekends. This is an Upper School team on which Middle School athletes are invited to participate.
 - g. **Swimming:** Made up of 7th-12th grade boys and girls. Practices will be up to 5 times a week with some meets on weekends. This is an Upper School team on which middle school athletes are invited to participate.
3. Spring Opportunities: *Spring season's practices begin in mid February and end in late May to early June.*
- a. **Middle School Zons Fast Pitch Softball:** Made up of 6th, 7th and 8th grade girls, this team will practice 4 times per week at an off-campus site designated prior to the beginning of the season. Games will be played on weekdays after school.
 - b. **Middle School Track:** Made up of 6th, 7th, and 8th grade boys and girls and will practice 4-5 times per week at an off-campus site designated prior to the season. Meets are run on weekdays after school and on some weekends.
 - c. **Varsity Baseball:** Made up of boys in grades 7-12, 7th and 8th graders have the opportunity to play on the upper school baseball team. The team will practice 5 times a week with games on weekdays and weekends. Practices will be off campus at a location to be determined prior to the season.
 - d. **Middle School Blue and Gold Tennis:** Made up of interested 4th - 8th grade boys and girls who will practice infrequently and have matches on Saturdays at the Louisville Racquet Club. All instruction will be given by a certified tennis pro and players will be rated so they can play against players of similar ability.
 - e. **Upper School Tennis:** Made up of 7th-12th grade boys and girls who will be evaluated and placed onto a junior varsity or varsity team. Practices will be up to 5 times a week with some matches on weekends. This is an

Upper School team on which Middle School athletes are invited to participate.

- f. **Blue Boys Lacrosse:** Made up of 5th and 6th grade boys who will practice 3-4 times a week. Games will be played on weekdays and weekends.
- g. **Gold Boys Lacrosse:** Made up of 7th and 8th grade boys who will practice 3-4 times a week on a field designated prior to the season. Games will be played on weekdays and weekends, with a Spring Break Florida Trip.
- h. **Amas Girls Lacrosse:** Made up of 5th and 6th grade girls who will practice 3-4 times a week. Games will be played on weekdays and weekends.
- i. **Zons Girls Lacrosse:** Made up of 7th and 8th grade girls who will practice 3-4 times a week on a field designated prior to the season. Games will be played on weekdays and weekends, with a Spring Break Florida Trip.
- j. **Varsity Crew:** The team is made up of boys and girls in grades 7-12. This is an Upper School team on which Middle School students are invited to participate. The team members will be required to practice 5 days a week. Practices will be at the Louisville Boat Club and on campus. Regattas will be in town and out of town.
- k. **Varsity Boys Lacrosse:** Made up of 8th – 12th graders, the team will practice 5 times a week with a Spring Break Florida Trip and have a competitive high school schedule. Practices will be at the Champions Trace Facility 8th graders will be permitted on the team by invitation of the varsity coach and the athletic director only.
- l. **Varsity Girls Lacrosse:** Made up of 8th-12th graders, the team will practice 5 times a week with a Spring Break Florida Trip and have a competitive high school schedule. Practices will be at the Champions Trace Facility. 8th graders will be permitted on the team by invitation of the varsity coach and the athletic director only.

Upper School Opportunities

1. Fall Opportunities: Fall season's practices begin in mid July and last until early November.
 - a. **Frosh/JV Field Hockey:** The Frosh/JV hockey team is made up of girls in grades 9-11. They will be required to practice 5 times a week. Games are played weekdays after school and on some weekends with a season ending tournament.
 - b. **Varsity Field Hockey:** The Varsity field hockey team is made up of girls in grades 9-12. They will be required to attend practice 5 days a week. Games are played on weekdays and some weekends with a season ending tournament. Players should anticipate practicing over some holidays depending on game schedule and the coach's discretion.

- c. **Girls Varsity/JV Soccer:** Both teams are made up of girls in grades 9-12. Both teams will practice 5 times a week. Games will be on weekdays and some weekends with a season ending tournament. Players should anticipate practicing over some holidays depending on game schedule and the coach's discretion.
 - d. **Boys Varsity/JV Soccer:** Both teams are made up of boys in grades 9-12. They will be required to practice 5 times a week. Games are played on weekdays and some weekends with a season ending tournament. Players should anticipate practicing over some holidays depending on game schedule and the coach's discretion.
 - e. **Varsity/JV Cross Country:** Made up of boys and girls in grades 7-12. They will be required to practice 5 days a week. Practices are held at various metro parks and Collegiate. Meets are on weekdays and numerous weekends with a season ending tournament.
 - f. **Boys and Girls Varsity/JV Golf:** Made up of boys in grades 7-12. Matches are on weekdays and some weekends. Practices and matches will be at metro parks golf courses and Different Strokes Golf Center.
2. Winter Opportunities: *Winter season's practices begin in mid October and last until early March.*
- a. **Boys Varsity/JV Basketball:** Made up of boys in grades 9-12. Team members will be required to practice 5 times a week. Practices will be at Collegiate and other gyms as needed. Games are played on weekdays and weekends, and players should anticipate practicing and playing over winter break and holidays.
 - b. **Girls Varsity/JV Basketball:** Made up of girls in grades 9-12. Team members will be required to practice 5 times a week. Practices will be at Collegiate and other gyms as needed. Games are played on weekdays and weekends, and players should anticipate practicing and playing over winter break and holidays.
 - c. **Boys/Girls Varsity Swimming:** The swim team is made up of boys and girls in grades 7-12. Team members will be required to practice 5 days a week at the Jewish Community Center Pool. Meets are on weekdays and weekends with a season ending meet.
 - d. **Boys/Girls Indoor Track:** The team is made up of boys and girls in grades 7-12. Practices will be at Collegiate and meets are held on the weekends. This is not a varsity sport, but an elective athletic team.
3. Spring Opportunities: *Spring season's practices begin in late February and last until early June.*
- a. **Varsity Fast Pitch Softball:** The team is made up of girls in grades 9-12. They will be required to attend practice 5 days a week. The practices will be at a designated metro park. Games are on weekdays and weekends with a season ending tournament.

- b. **Varsity/JV Track and Field:** The team is made up of boys and girls in grades 9-12. They will practice 5 days a week at a designated site. Meets are on weekdays and weekends with a season ending tournament.
- c. **Varsity/JV Baseball:** The team is made up of boys in grades 7-12. They will be required to practice 5 days a week at a metro park. Games are on weekdays and weekends.
- d. **Girls Varsity/JV Tennis:** The team is made up of girls in grades 7-12. The team members will be required to practice 5 days a week. Practices will be at a designated metro park. Games are on weekdays and weekends with a season ending tournament.
- e. **Boys Varsity/JV Tennis:** The team is made up of boys in grades 7-12. The team members will be required to practice 5 days a week. Practices will be at a designated metro park. Games are on weekdays and weekends with a season ending tournament.
- f. **Varsity Rowing (crew):** The team is made up of boys and girls in grades 7-12. The team members will be required to practice 5 days a week. Practices will be at the Louisville Boat Club and on campus. Regattas will be in town and out of town on weekends.
- g. **Boys Varsity Lacrosse:** The team is made up of boys in grades 8-12. They will be required to attend practice 5 days a week. The practices will be at our Champion's Trace facility. Games are on weekdays and weekends with a season ending tournament. 8th grade players are permitted to play on the varsity team by invitation of the varsity coach and the athletic director.
- h. **Girls Varsity Lacrosse:** The team is made up of girls in grades 8-12. The team members will be required to practice 5 days a week. Practices will be at our Champion's Trace facility. Games are on weekdays and weekends with a season ending tournament. 8th grade players are permitted to play on the varsity team by invitation of the varsity coach and athletic director.

General Sports Timeline

All starting dates are approximate. Please refer to www.louco.com/athletics for confirmed dates.

Fall

- July 15** *Upper School Sports may begin practice*
- Aug 1** *Golf match season may begin*
- Aug 15** *Middle School Sports begin practice*
- Aug 15** *Upper School Soccer, Field Hockey, and Cross Country contests may begin*
- Aug (1 week before the school year begins)** *MS fall practices begin*
- Sept 1** *All other MS fall sports begin games*

Winter

- Oct 3** *5th and 6th basketball begin practice*
Oct 15 *MS basketball practice may begin*
Oct 15 *Upper School basketball practice may begin*
Oct 24 *approximate date for 5th and 6th basketball league games to begin*
Oct 27 *Swimming practice may begin*
Nov 15 *Swim meets may begin*
Nov 18 *MS basketball games may begin*
Nov 28 *Upper School basketball games may begin*
Dec 1 *Winter Track begins practice*

Spring

- Feb 15** *Upper School baseball and softball may begin practice*
Feb 21 *MS and US tennis, and lacrosse may begin practice*
March 1 *Track and Crew may begin practice*
March 11 *Lacrosse Icebreaker tournament begins season*
March 27 *KHSAA mandated date for Spring sports to begin game seasons
(Tennis, Baseball, Softball, Track)*