



SABER SPORTS 2016-2017

We are so excited about Saber Sports! Our athletic program is an integral part of the TNCS community. We aren't a "cut" school – meaning, nobody will be told they cannot join a sport because they don't have the skill or experience. We encourage students to play on our teams. For some of our students, sports are a primary focus and athletic arenas are a place for them to show their talents and shine. For some, sports are a chance to get out of their comfort zone and try something new. For all of our students, Saber Sports are an opportunity to grow individually by committing to a team.

Saber Strong summer workouts continue for rising 8th – 12th graders until fall practices begin August 22nd. Students work to maximize their athletic potential and minimize their risk of injury through speed, agility, strength, and mobility training. Sessions are Monday and Wednesday evenings (6–8pm) and Friday mornings (9–11am). The workouts take about 75 minutes. After completing the workouts on Monday and Wednesday, interested students can stay and play basketball with Coach James Brown.

All students must have a 2016-2017 Participation/Parental Consent/Physical Examination Form on file before participating in Saber Sports. Students may not begin practice without a completed form on file.

All student athletes and their parents are encouraged to attend the Be an 11! Seminar on Thursday, August 25, 5:30 – 8:30pm in the TNCS Gym.

SPORT	HEAD COACH, Department	1 ST PRACTICE	In-Season Practices	EQUIPMENT
Varsity Girls Volleyball	Beth Savarese, Math bsavarese@tncs.org	August 22 4:30 – 6:30 TNCS Gym	All Weekdays: study hall 3:30; practice 4:30—6:30	Gym shoes, knee pads
Middle School Girls Volleyball	Carolyn Latta, Social Studies clatta@tncs.org	August 22 3:30 – 4:30 TNCS Gym	M,T,Th,F: 3:30 – 4:30	Gym shoes, knee pads
Varsity Boys Soccer	Nick Creasey, Art ncreasey@tncs.org	August 22 4:00 – 6:00 Whitlock Field	All Weekdays: 4:00 – 6:00	Soccer cleats, shin guards
Middle School Boys Soccer	Kyle Foulger, Science kfoulger@tncs.org	August 22 3:30 – 4:30 Whitlock Field	M,T,Th,F: 3:30 – 4:30	Soccer cleats, shin guards
Varsity Boys and Girls Cross Country	Becca Carmichael, English bcarmichael@tncs.org	August 22 3:30 – 5:30 TNCS Green	All Weekdays 3:30 – 5:30	Running Shoes, gym clothes
MS Girls and Boys Cross Country	Claire Witmeyer, English cwitmeyer@tncs.org	August 22 3:30 – 4:30 TNCS Green	M,T,Th,F: 3:30 – 4:30	Running Shoes, gym clothes
Team Support	Eric Gobble, Athletics egobble@tncs.org	TBD	Students may earn athletic credit by being a team manager	

Students must have a New Community physical completed after 5/1/16 to participate in any activities during the school year. The athletic physical form may be downloaded from the school website (tncs.org/parents/forms), and also available in the main office.

Students do not need to preregister for fall sports. They should report to the location for the first practice listed above. Student accounts will be billed a \$25 Saber Sports participation fee for the fall season.

Game schedules can be found by visiting tncsathletics.org.