



SABER SPORTS 2017-2018

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 are for rising TNCS 8th – 12th graders from 6-8pm each Monday, Tuesday, and Thursday. Sessions run from June 19 – August 10 (except July 3rd and 4th). Students work to maximize their athletic potential and minimize their risk of injury through speed, agility, strength, and mobility training.

***All students must have a 2017-2018 Participation/Parental Consent/Physical Examination Form on file before participating in Saber Sports. Students may not begin practice without a completed form on file.**

SPORT	HEAD COACH, Department	1 ST PRACTICE	In-Season Practices	EQUIPMENT
Upper School Girls Volleyball	Beth Savarese, Math bsavarese@tncs.org	August 14 9-11am TNCS Gym	Weekdays: study hall 3:30; practice 4:30-6	Gym shoes, knee pads
Middle School Girls Volleyball	Beth Savarese, Math bsavarese@tncs.org	August 22 3:30-4:30pm TNCS Gym	M,T,Th,F: 3:30-4:30	Gym shoes, knee pads
Upper School Boys Soccer	Nick Creasey, Wellness & Art ncreasey@tncs.org	August 14 9-11am TNCS	Weekdays: 4-6	Soccer cleats, shin guards
Middle School Boys Soccer	Kyle Foulger, Science kfoulger@tncs.org	August 22 3:30-4:30pm TNCS	M,T,Th,F: 3:30-4:30	Soccer cleats, shin guards
Upper School Boys and Girls Cross Country	Becca Carmichael, English bcarmichael@tncs.org	August 14 7:30-9:30am TNCS	M,T,Th,F 3:30-5:30	Running Shoes, gym clothes
Middle School Girls and Boys Cross Country	Becca Carmichael, English bcarmichael@tncs.org	August 22 3:30-4:30pm TNCS	M,T,Th,F: 3:30-4:30	Running Shoes, gym clothes
Team Support	Eric Gobble, Athletics egobble@tncs.org	TBD	Students are encouraged to join teams as a team manager.	

Students must have a New Community School physical completed after 5/1/17 to participate in any activities during the school year. The athletic physical form is in the back-to-school information packet, and also available in the main office or can be downloaded from the school website.

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 season.

Game schedules can be found by visiting tncsathletics.org.