SABER SPORTS
Winter 2018-19

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 kept from a sport because of skill or experience. Only a great attitude and effort are required. 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. Coming to practice every day with a team-first mindset is expected. Daily schedules for each team will be posted at tncsathletics.org.

All students must have a 2018-2019 Participation/Parental Consent/Physical Examination Form on file before participating in Saber Sports. Students who did not play a TNCS fall sport may not begin practice without a completed form. Questions: contact nurse Rhonda Chambers at rchambers@tncs.org.

SPORT	HEAD COACH, Department	1st PRACTICE	In-Season Practices	EQUIPMENT
Varsity Girls Basketball[1]	Alley Odell odell26.ao@gmail.com (Claire Witmeyer, Assistant)	Monday, Nov. 12 4:00-5:30 Off Campus	Mon. – Fri. 4:00 – 5:30 Off Campus	Gym clothes, Court shoes
Middle School Girls Basketball[2]	Carolyn Latta, History clatta@tncs.org (Donn Lancaster, Assistant)	Monday, Nov. 12 3:30-4:30 TNCS Gym	T, TH, F 3:30 – 4:30 TNCS Gym	Gym clothes, Court shoes
Varsity Boys Basketball[3]	James Brown, Health & Wellness jbrown@tncs.org (Joey Graziano, Assistant)	Monday, Nov. 5 3:30 Study Hall 4:30-6:00 Gym	Mon. – Fri. 3:30 Study Hall 4:30–6:00 gym	Gym clothes, Court shoes
Junior Varsity Boys Basketball[4]	Kyle Foulger, Science kfoulger@tncs.org (Assistant TBD)	Monday, Nov. 5 3:30 Study Hall 4:30-6:00 Gym	M, T, Th, F 4:00 – 5:30 Off Campus	Gym clothes, Court shoes
Middle School Boys Basketball[5]	Danny Wise, History dwise@tncs.org (AJ Holliday, Assistant)	Monday, Nov. 5 3:30-4:30 Gym	M, T, Th, F 4:00 – 5:00 Off Campus	Gym clothes, Court shoes
Middle School Black & Gold Boys Basketball[6]	Henry Schofield '12, History hschofield@tncs.org (Tré Ellis '17, Assistant)	Monday, Nov. 5 3:30-4:30 TNCS Gym	M, Th, F 3:30—4:30 TNCS Gym	Gym clothes, Court shoes
All Student Rock Climbing[7]	Josh Roy, Science jroy@tncs.org (Jarrod Boitet, Assistant)	Monday, Nov. 12 4:00-5:00 Triangle Rock Club	Mon. & Thurs. 4:00 – 5:00 Triangle Rock Club	Gym clothes, climbing harness provided

Students report to the location for the first practice listed above. Student accounts of basketball players will be billed a $25 Saber Sports participation fee for the season. Rock climbing students register and pay online directly with Triangle Rock Club.

1. There will be 1 upper school girls team. Varsity girls practices will primarily be 4:00-5:30 at Big Ben's Home Court, 2206 Westwood Avenue, Richmond VA 23230. Students will be bused to and from practices, leaving TNCS at 3:45 and returning at 5:45.
2. There will be 1 middle school girls team. Middle school girls will play primarily on Monday nights in a girls league at the St. Christopher's fieldhouse. Practices will typically be Tuesday, Thursday, and Friday at TNCS, 3:30-4:30.
3. During the week of 11/5, upper school boys will be divided into varsity and JV teams. Students in 9th-11th grade are eligible for either varsity or JV. 12th graders can only be on varsity rosters. Varsity players will typically attend an

athletic study hall proctored by math department chair Beth Savarese, 3:30-4:30, then practice in the TNCS gym 4:30-6:30.

4. Upper school boys will be divided into varsity and JV teams. Students in 9th-11th grade are eligible for either varsity or JV. 12th graders can only be on varsity rosters. JV boys practices will primarily be 4:00-5:30 at Big Ben's Home Court, 2206 Westwood Ave., Richmond VA 23230. Students will be bused to and from practices, leaving TNCS at 3:45 and returning at 5:45.
5. During the week of 11/5, middle school boys will be divided into three teams. The team coached by Danny Wise will play a more rigorous game schedule and will primarily practice off campus, 4:00-5:00. Students will be bused to and from practices, leaving TNCS at 3:45 and returning at 5:15. Boys in 7th and 8th grade are eligible for this team.
6. During the week of 11/5, middle school boys will be divided into three teams. The Black team and the Gold team are open to boys in grades 5-8. Both teams will play in a league that plays primarily on Tuesdays at Richmond Waldorf School. Typical practices are Monday, Thursday, and Friday at TNCS, 3:30-4:30. Boys in grades 5- 8 are eligible for these teams.
7. Families of students who signed up for the inaugural TNCS Rock Climbing Team have received an email with team details and a registration link from Triangle Rock Club. Spots may still be available. Please contact Josh Roy if interested.