



53 Bayard Lane  
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August 1, 2008

Dear Lewis Parents and Student Athletes,

We hope this letter finds you well and you are enjoying your summer. The new school year is approaching fast and it is time to think about the fantastic Athletic Programs we offer. The Lewis School strives to provide our students with an innovative sports program for children of all ages and talents. Over the years, our Athletic Department has continued to develop and improve offerings that are well-rounded and dynamic for students school-wide. With the support, dedication and pride of our coaches, players and parents, our programs and teams have become a huge success and have created a greater sense of value within our community.

Brain research and studies have proven that physical activity helps protect and strengthen the brain which in turn leads to better sleep, memory retention and quality of life. Exercise challenges the brain and will lead to increased learning potential. So let's get those brains working!

A big pat on the back to those who have been training this summer on teams, in leagues, and at camps. Congratulations to those who have been conscientious and have demonstrated personal physical fitness discipline. It's never too late to get started; so get out there and start training...your body will thank you when you come to pre-season camps in shape!

The following provides descriptions and details about the sports programs we are offering this year. Please read over all of the programs and choose which are the best fits for you. There is no greater feeling than being a part of a team and pushing yourself to accomplish more than you thought you were capable of accomplishing.

**All students' physicals must be completed and the health forms received by the nurse before pre-season in order to participate in any of our athletic programs.**

**\*\*\*Requirement for All Upper School Students:**

It is required that all Upper School students participate in at least one extra curricular sport at The Lewis School, in order to ensure that New Jersey High School Physical Education Guidelines are met.

## The Lewis Soccer Program

The Lewis Lions are embarking on their twelfth season. We are looking for enthusiastic and hardworking athletes to help conquer another winning season! Our returning players have been eagerly anticipating another amazing season and new soccer athletes to join the team. Please report to Pre-season Training and show us your commitment and desire to be on the team.

- Pre-season will begin Tuesday, September 2<sup>nd</sup> at Community Park and run from 9:00 A.M.-11:00 A.M. through Friday, September 5<sup>th</sup> (no practice on weekends or holidays).
- No practice on Monday, September 8<sup>th</sup> due to New Student Orientation.
- Regular season training will begin on Tuesday, September 9<sup>th</sup> (half day schedule), from 12:45 P.M. to 2:15 P.M. at Community Park.
- Athletes will be picked up at Community Park after practice Monday, Tuesday, Thursday, and Friday at 4:30 P.M. and on Wednesdays and half days at 2:15 P.M.

Please remember to pack a healthy lunch for our team lunch at school on half days and Wednesdays before practice begins. During the regular season, students will walk/run with supervision to the park for practices and home games. Home games will take place at Community Park and/or Greenway Meadows Fields. Home game field location will be determined as field scheduling is finalized. After away games, students will be picked up from The Lewis School (Bayard Campus) at the assigned time. Please refer to the *Away Game Direction Packet* given to you at our parent soccer meeting. Parent volunteers will be needed for transportation to and from local away games. If you can help, please let the coaches know. Thank you in advanced for this much appreciated help.

**A Parent/Coaches soccer meeting is scheduled for Friday, Sept. 19<sup>th</sup> directly after the soccer scrimmage at Community Park.** This will be a perfect time to have our first tailgate! Ordering pizzas or having food/refreshments for the meeting and athletes will be greatly appreciated if soccer parents are interested in organizing the event.

All Varsity and Middle School Games are mandatory. If age/ability is appropriate, some players may get the opportunity to play for both teams. At the very least, all will participate in pre-game warm up.

- **Pre-season: September 2nd- September 5<sup>th</sup>**
- **Season: September 9<sup>th</sup>- October 31<sup>st</sup>**
- **Lewis Invitational Soccer Tournament: Saturday, October 25<sup>th</sup>**

### **Coed Varsity Team -- Ages 14 and Up (ages are a guideline)**

#### **Practices:**

Monday, Tuesday, Thursday, Friday	3:00 P.M. – 4:30 P.M.
Wednesday and Half Day Schedule	12:00-12:30 P.M. Lunch 12:30 P.M. Walk to park 12:45 -2:15 P.M. Practice

### **Coed Middle School Team -- Ages 11- 14 (ages are a guideline)**

#### **Practices:**

Monday, Tuesday, Thursday, Friday	3:00 P.M. – 4:30 P.M.
Wednesday and Half Day Schedule	12:00-12:30 P.M. Lunch 12:30 P.M. Walk to park 12:45 -2:15 P.M. Practice

## Coed Club Team (Training team ONLY for Lower School - Upper School)

For students who want to learn the fundamentals of the game of soccer and have a team building experience without the competitiveness of playing against other schools, Coed Club Team is the way to go. Individual students' training schedules may vary due to ability to sustain focus/duration of practice.

The Club season runs from September 17<sup>th</sup> through October 17<sup>th</sup> on Mondays and Wednesdays. Pick up on Mondays at 4:00 P.M. and Wednesdays at 2:00 P.M at Community Park. The Club Tournament will be on Friday, October 17<sup>th</sup> (rain date Wednesday, Oct. 22) from 3:15 - 4:30 P.M.

- **Club Season: September 17<sup>th</sup>-October 17<sup>th</sup>**
- **Club Tournament: Friday, October 17<sup>th</sup>**

### Practices:

Monday:	3:00 P.M. - 4:00 P.M.	
Wednesday:	12:00-12:30 P.M.	Lunch
	12:30 P.M.	Walk to park
	12:45 - 2:00 P.M.	Practice

### REQUIRED Soccer Program Athletic Equipment :

- |                                       |                                |
|---------------------------------------|--------------------------------|
| *Athletic shorts (no khakis or jeans) | - Shin guards                  |
| * T-shirt                             | - Soccer cleats                |
| * Soccer socks                        | - Running shoes                |
|                                       | - Water bottle with name on it |

### FOR SALE:

*\* Please see Lewis Lions Order Form enclosed and bring or send it to school A.S.A.P. so we may process all of the orders quickly.*

- **Mandatory for ALL TEAMS: Middle/Varsity/Club Teams**  
Practice Uniform: Lewis Lion T-shirt, Royal Blue Soccer Shorts & Royal Blue Team Soccer Socks
- **Mandatory for Middle/Varsity Teams**  
Team Warm Up with Embroidering  
Team Book Bag with Embroidering

## The Lewis School Cross Country Program

Our Cross Country Program is eagerly approaching its second season. Stimulate your brain and tap into your energy, speed and endurance with this terrific running program. This is a coed program for ages 11 and up. Soccer players who are interested in cross training may do so as long as it does not interfere with their game schedule.

- Pre-season Cross Country training will begin Tuesday, September 2nd from 9:00 A.M. - 10:00 A.M. and run through Friday, September 5<sup>th</sup> at Community Park. Athletes who are interested in soccer may stay for Soccer Pre-Season Camp until 11:00 A.M. each day.
- No practice on Monday, September 8<sup>th</sup> due to New Student Orientation.
- After pre-season, athletes will be assigned practice days based upon athlete's preparation and ability. The coaches will make training group schedules after pre-season. As the athletes gain endurance the duration of practice may increase based on the student's ability.
- The regular season will begin on September 9<sup>th</sup> (half day schedule). Pick up will be at Community Park at 1:30 P.M.

During the season, the team will compete in meets versus others schools in the local area. Parent volunteers will be needed for transportation to and from the meets. If you can help please let the coaches know. Thank you in advanced for this much appreciated help. The team will participate on Saturday, Oct. 25<sup>th</sup> in the Fun Race/Walk-a-thon Fundraiser. On Thursday, September 18<sup>th</sup> there will be a Parent/Coaches Cross Country Meeting after practice at 3:30 P.M. at Community Park.

- Pre-Season: September 2<sup>nd</sup> - September 5<sup>th</sup>
- Season: September 9<sup>th</sup> - October 28<sup>th</sup>
- Fun Race/Walk-a-thon: Saturday, Oct. 25<sup>th</sup>

## Coed Cross Country Team: Ages 11 and Up

### Practice Schedule:

Monday, Tuesday, Thursday, Friday:	3:00 P.M. - 3:45 P.M.
Wednesday and Half Day Schedule:	12:00 - 12:15 P.M. Lunch
	12:15 - 1:30 P.M. Practice

### REQUIRED Cross Country Athletic Equipment:

- |  |                                |
|--|--------------------------------|
| *Mandatory Running Shorts and Team T-shirt | - Socks                        |
| *Running shoes                             | - Water bottle with name on it |

### FOR SALE:

- *Please see Lewis Lions Order Form enclosed and bring or send it to school A.S.A.P. so we may process all of the orders quickly.*

### Mandatory for Cross County Athletes:

- Practice Uniform: Lewis Lions T-shirt & royal blue running shorts
- Team Warm Up with embroidering
- Team Book Bag with embroidering

## The Lewis Basketball Program

Embracing its ninth season, the Lewis Lions are enthusiastic to begin building another winning season! We are looking forward to new recruits joining our current players to help make this season a success.

- A mandatory pre-season training and team placement camp for all interested club and team athletes will run from December 15<sup>th</sup> through December 19<sup>th</sup>.
- Training camp will be held at Princeton University Dillon Gymnasium Mon., Tues., Thurs., Fri., from 3:00 - 4:30 P.M. and Wed., from 12:45 - 2:15 P.M.
- It is imperative that all interested basketball players must attend the clinic for team placement.
- All athletes must be picked up at The Lewis School (Bayard Campus) at 4:45 P.M. Monday, Tuesday, Thursday, Friday, and 2:30 P.M. on Wednesday.
- The season runs from January 5<sup>th</sup> through February 27<sup>th</sup>.

January practices for the competitive Junior Varsity and Varsity Teams are Monday through Friday from 3:00-4:30 P.M. Athletes should be picked up at The Princeton Theological Seminary Gymnasium at 4:45 P.M. on Monday, Tuesday, Thursday, and Friday, and at 2:30 P.M. at The Lewis School (Bayard Lane) on Wednesdays and half days. **Home games will be played at The Princeton Theological Seminary.** After away games athletes may be picked up from that court with the notification to a coach or meet for pick up at The Lewis School (Bayard Campus) at the designed time. Please refer to the Away Direction Packet, which will be given out at the parent meeting. **The Parent/Coaches meeting will be held after practice at 4:30 at The Lewis School (Bayard Campus) on Friday, January 9th.**

**February practices for JV/V teams will run three days a week: Tues., Thurs., and Fri. from 3:00-4:30 P.M.**

Club practices will be held the month of February on Mondays and Wednesdays only. If there are JV/V players that are interested in assisting with this program please discuss doing so with the coaches to see if you are a candidate.

**All varsity and middle school games are mandatory.** If age/ability is appropriate, some players may get the opportunity to play for both teams, and will at the very least participate in pre-game warm up.

**Pre-season: December 15<sup>th</sup>-December 19<sup>th</sup>  
Season: January 5<sup>th</sup>-February 27<sup>th</sup>**

**Coed Middle/Varsity Team: Ages 11 and Up (ages are a guideline)**

**January Practices:**

Monday, Tuesday, Thursday, Friday	3:00-4:30 P.M.
Wednesday	12:00-12:30 P.M. Lunch (Pack a healthy lunch) 12:30 P.M. Travel to Dillon Gym 12:45-2:15 P.M. Practice 2:15-2:30 P.M. Travel to The Lewis School (Bayard Lane)

**Coed Middle/Varsity School Team: Ages 11-Up (ages are a guideline)**

**February Practices:**

Tuesday, Thursday, Friday	3:00-4:30 P.M.
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## **Coed Club Team (For Lower, Middle, Upper School)**

For students who are interested in basketball and want to learn the fundamentals of the game this is for you. This is a terrific opportunity to experience team building skills and confidence. This year club players that feel ready to compete will have the opportunity to face other teams in a game situation to show off their skills!

The season runs for the month of February on Monday and Wednesday afternoons. On Monday, athletes should be picked up at Princeton Theological Seminary at 4:00 P.M. Club athletes should be picked up after Wednesday practice at The Lewis School at 2:15 P.M. Athletes will walk/run with coaches to Princeton Theological Seminary/P.U. Dillon Gymnasium as part of their work out. On Wednesday remember to pack a healthy lunch for our team lunch at school (Bayard Lane Campus) before practice.

**Club Season: February 2<sup>nd</sup>- February 25<sup>th</sup>**

### **Practices:**

Monday	3:00 - 4:00 P.M. 4:00 P.M. Pick up at P.T.S.
Wednesday	12:00 - 12:30 P.M. Lunch (pack a healthy lunch) 12:30 - 12:45 P.M. Walk/Run to Dillon Gym 12:45 - 2:00 P.M. Practice 2:15 Pick up at Lewis

### **Basketball Program Athletic Equipment Needed:**

*T-shirt	- Socks
*Athletic shorts (no khakis or jeans)	- Basketball Shoes
- Warm-up suit (it's winter time!)	- Water bottle with your name on it

**FOR SALE: \*\*Please see Lewis Lions Order Form enclosed and bring or send it to school A.S.A.P. so we may process all of the orders quickly.**

### **Mandatory for Middle/Varsity/Club Teams:**

\*Practice Uniform: Lewis Lion T-shirt, royal blue basketball shorts

\*Team Warm-up suit with embroidering

Please note: If you have purchased a suit for the Soccer Team, you may use the same. If you wish to have basketball embroidering added noting basketball it will be an additional cost.

### **Mandatory for Middle/Varsity Teams:**

\*Team Book Bag with embroidering

### **Optional:**

- Lewis Lions Baseball Cap
- Lewis Lions Winter Cap
- Lewis Lion Water Bottle

## **The Lewis School Aquatics Program**

The Aquatics Program is entering its seventh season. This program is designed for all level swimmers with the intent to understand, develop, improve and achieve progress in the basic swimming strokes with ease. Students will learn the fundamentals of swimming such as stroke development, breathing and pool safety. Small class size and experienced instructors will benefit all level swimmers. It is wonderful to see our own Lewis Aquatics Members now life guarding and teaching lessons in local pools!

Lower through Upper School students are welcome to join. The students will be divided up into age/ability groupings for each of the levels of the school. The program will consist of 10 sessions and each session is 30-45 minutes long. Pick up will be at The Lewis School (Bayard Lane Campus) at 3:45 P.M.

### **Lower School: Session 1 (Tuesday and Thursday 2:45-3:30 P.M.)**

November 11, 13, 18, 20

December 2, 4, 9, 11, 16, 18

### **Middle/Upper School: Session 2 (Tuesday and Thursday 3:00-3:30 P.M.)**

March 3, 5, 10, 12, 17, 19, 24, 26, 31

April 2

### **Aquatics Program Athletic Equipment Needed:**

-Bathing suit (one piece)

-Towel

-Swimming Goggles

-Swim cap (optional)

## **The Lewis School Track and Field Program**

Track and Field's competitive first year was a huge hit, so we are anticipating a tremendous second year! We have great hopes for many more new athletes to join our existing team to beef up the arena. Practice will begin at 3:00 P.M. and finish at 3:45 P.M. on Monday, Tuesday, Thursday, Friday and on Wednesday 12:30-2:00 P.M. Practices will take place at Community Park and Princeton University. Pick up after practice will be at Community Park at 3:45 P.M. on Monday, Tuesday, Thursday, Friday, and 2:00 P.M. on Wednesday.

Season begins March 16th through May 21<sup>st</sup>, weather permitting. More details will be available, as the season gets closer. **Save the date: May 15<sup>th</sup> The Lewis School Track and Field Meet (rain date May 22<sup>nd</sup>).**

Students will have the opportunity to train for:

- Sprints (100m, 200m, or 400m dashes, 100m hurdles)
- Middle distance (800m)
- Distance (mile run)
- Field Events (long and triple jumps, shot put, discus, and javelin throws)

**Season: March 16<sup>th</sup> - May 21<sup>st</sup>**

**Coed Middle and Varsity Team: Ages 10 and up (ages are a guideline)**

**Practices:**

Monday, Tuesday, Thursday, Friday	3:00-3:45 P.M. 3:45 Pick up at Community Park
Wednesday	12:00-12:30 P.M. Lunch (pack a healthy lunch) 12:30-1:45 P.M. Practice 2:00 Pick up at Lewis

**Track and Field Program Equipment:**

- \*Mandatory running shorts (no khakis or jeans)
- \*Mandatory Lewis Lion T-shirt
- \*Mandatory Warm up
- \*Mandatory Book Bag
  - Running shoes
  - Socks
  - Water Bottle with name on it

**FOR SALE: \*\*Please see Lewis Lions Order Form enclosed and bring or send it to school A.S.A.P. so we may process all of the orders quickly.**

**Mandatory for Middle/Varsity Teams:**

- \*Practice Uniform: Lewis Lion T-shirt, royal blue running shorts
- \*Team Warm-up suit with embroidering  
Please note: If you have purchased a suit for the Soccer or Basketball Team you may use the same. If you wish to have Track& Field embroidering added it will be an additional cost.
- \*Team Book Bag with embroidering

**Optional:**

- Lewis Lions Baseball Cap
- Lewis Lions Winter Cap
- Lewis Lion Water Bottle

## **The Lewis School Dance Troupe**

The Dance Troupe has the opportunity to perform for school functions such as soccer and basketball games and starting in the Cabaret and other special events. The Dance Troupe consists of middle/upper school students who are dedicated, spirited and talented and a joy to watch! Last year two young ladies took on the challenge and starting a Lower School Dance Group to train one day a week, we are excited to watch this program grow. We are looking for new, energetic bodies to bring joy, entertainment and encouragement to the teams, fans and school. Please see The Performing Arts packet for more information.

## **Softball Program**

### **Club Softball: Coed Middle/Varsity Team Ages 11 and up (ages are a guideline)**

Last year we began the program with an outstanding fun filled game with a mix of students and faculty followed by a good old Ball Park picnic, we all had a blast! The students in the Upper School showed lots of enthusiasm to get this program going, but the weather did not cooperate. This year we hope the students commitment and energy for the game will make this season a big hit. The season will begin April 22<sup>nd</sup> and practices will be two times a week on Wednesdays and Fridays at Community Park or Marquan Park. Field assignments are yet to be announced. Please remember to pack a healthy lunch on Wednesday to be eaten as a team at The Lewis School (Bayard Campus). Fridays in May will be great days to have friendly games so we hope there is a lot of interest to make this happen.

### **Practices:**

Wednesday	12:00-12:30 P.M. Lunch (pack a healthy lunch) 12:30-2:00 P.M. Practice 2:00 P.M. Pick up at Community Park
Friday	3:00-4:15 P.M. Practice 4:15 P.M. Pick up at Community Park

### **Softball Equipment:**

- Bat
- Glove
- Soft cleats/sneakers
- Water bottle
- \*Mandatory Lewis Lions T-shirt
- Athletic shorts or baseball pants (no jeans or khakis)

**FOR SALE: \*\*Please see Lewis Lions Order Form enclosed and bring or send it to school A.S.A.P. so we may process all of the orders quickly.**

\*Mandatory Practice Uniform: Lewis Lion T-shirt

\*Lewis Lions Baseball Hat

-Team Warm-up suit with embroidering

Please note: If you have purchased a suit for another sport, you may use the same. If you wish to have softball embroidering added it would be an additional cost.

-Team Book Bag with embroidering

-Lewis Lion Water Bottle

-Lewis Royal Blue Athletic Shorts

Please fill out the Athletic Form and Lewis Lion Order Form enclosed to ensure a spot in any of these Athletic Programs. Please fill out the volunteer form we appreciate any thing you can do to help. Reminder, Upper School students must choose at least one sport for the academic year 2008-2009.

When choosing any of our programs a dedicated work ethic, positive attitude, and commitment are all a must. Team managers, scorekeepers, etc. are also another great way to get involved with the social sports community and earn a sports credit. Please note, however, that if the student and the program are not an appropriate match, the Coaches and Athletic Director will assist in finding a more appropriate fit or placement. Please return the enclosed forms as soon as possible to the Main Office or bring it with you to Pre-Season Camp.

We look forward to seeing new and old faces on Tuesday, September 2<sup>nd</sup> for Pre- Season. So get involved and feel healthy and alive! Get psyched, go Lewis Lions! If you have any questions please feel free to contact The Athletic Department.

In the Love of Athletics,

Keara L. Kilpatrick  
The Lewis School  
Athletic Director

## 2008-2009 Athletic Form

Name: \_\_\_\_\_

Age: \_\_\_\_\_

School Level: \_\_\_\_\_

Number to best reach you in emergency: \_\_\_\_\_

Fall, Winter and Spring Sport(s) interested in (Please Circle):

Varsity Soccer

Middle School Soccer (JV)

Club Soccer

Cross-County

Varsity Basketball

Middle School Basketball (JV)

Club Basketball

Aquatics Program

Track and Field

Dance Troupe:            Middle/Upper School            Lower School

Club Softball

Other: Manager, Scorekeeper, etc. for \_\_\_\_\_ team(s)

## 2008-2009 Volunteer Form

I/we would like to help support The Lewis School Athletic Department by:

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I can help with: (Please check)

- Driving to local Soccer Games
- Lewis Invitational Soccer Tournament
- Club Soccer Tournament
- End of season party
- Driving to local Cross Country Meets
- Fall/Winter Sports Banquet
- Driving to local Basketball Games
- Club Basketball
- Driving to local Track & Field Meets
- Helping with Track & Field Meets
- Softball
- Tail gait
- Dance Troupe
- Spring Sports Banquet
- Fundraising
- Donations

Thank you for your help and support!

Yes, all of my child's physicals and health forms are up-to-date, completed, and turned in to the Health Office.

\* Please return form to the Main Office.