



New Garden  
FRIENDS SCHOOL

## 2023-24 Athletics

### OUR GOAL

To teach, develop, and maintain a positive competitive environment built upon the principles of our "I CARE" System. The "I. C.A.R.E" system represents five principles: Integrity, Commitment, Accountability, Respect, and Effort. Read more about it in the [NGFS Athletics Handbook](#).

### DEPARTMENT OF ATHLETICS STAFF



**Dwon Clifton**  
Athletic Director



**Serena Witherspoon**  
Assistant Athletic  
Director



**Lawrence Nelson**  
Coach

### PARTICIPATION REQUIREMENTS

#### Athletics Forms

These forms are required for participation in NGFS Athletics. Once the forms are submitted for one sport, they do not have to be submitted for other sports in the same academic year.

- NCISSA Consent to Participate and Release Form
- NCISSA Pre-Participation Physical Evaluation - *must be completed and signed by a healthcare provider*
- NCISSA Concussion Form
- Signed copy of Student-Athlete and Parent/Guardian Participation Agreement (last page of the NGFS Athletics Handbook)

#### Athletics Fees

- Middle Division Athletics Fee: \$50/sport - can play up to 5 sports/year; fee caps at \$150
- JV/Varsity Athletics Fee: \$200/year - practice/competitions 4-5 days/week

Athletics fees are billed in FACTS once team rosters are confirmed.

## MIDDLE DIVISION SPORTS (grades 5-8)\*

The purpose of the Middle Division sports program is to provide an introduction to the sport that allows students to learn the basic skills and gauge interest for pursuing the sport at a higher level. All Middle Division teams are coed teams. Middle Division seasons run 5-6 weeks.

Fall	Winter	Spring
<b>Cross Country</b> late Aug-late Sept	<b>Flag Football</b> early Nov-mid Dec	<b>Basketball (grades 5-7)*</b> mid Feb-mid March
<b>Soccer (grades 5-7)*</b> late Sept-early Nov	<b>Volleyball</b> early Jan-early Feb	

\* Eighth grade student-athletes participate in Junior Varsity soccer and basketball.

### Middle Division Practice and Game Schedules

Middle Division practices take place on Mondays and Wednesdays. The week prior to when games start is the exception. Middle Division games are played on Tuesdays and Thursdays.

## JV (grades 7-11) and VARSITY (grades 8\*-12) SPORTS

As part of the North Carolina Independent Schools Athletic Association (NCISAA), our athletes have the opportunity to compete for championships at the conference and state levels.

\*Eighth grade student-athletes may participate in Varsity sports at the discretion of the AD.

Fall	Winter	Spring
<b>Girls Volleyball</b> Aug. 21*-Oct. 28	<b>Boys JV Basketball</b> Nov. 1-Feb. 2	<b>Boys Golf</b> March 11-May 18
<b>Coed Cross Country</b> late Aug-Oct. 28	<b>Girls JV Basketball</b> Nov. 1-Feb. 2	<b>Coed Track</b> March 11-May 18
<b>Boys JV Soccer</b> Aug. 21*-Oct. 28	<b>Boys Varsity Basketball</b> Nov. 1-March 10	<b>Girls Soccer</b> March 11-May 18
<b>Girls Golf</b> Late Aug.-Oct. 25	<b>Coed Swimming</b> Nov. 1-Feb. 13	<b>Boys Tennis</b> March 11-May 18

\* Optional practices on Aug. 21-22; required practices begin on Aug. 23.

- Information coming later about **Spirit Squad** offering for Winter season.

### JV/Varsity Practice and Game Schedules

All upper school JV/Varsity practices take place on Monday-Friday unless changed by the Head Coach. Game schedules vary by sport and are posted on the NGFS Athletics Calendar and All School calendar, which can be accessed through the NGFS app.

## SUPPORT

There are opportunities for student volunteers (ex: team manager) and community volunteers. Look for communication from the NGFS Booster Club coming soon.