

This email was sent to families of 5th-12th graders on August 10, 2023



Greetings from the NGFS Athletics Department!

We are looking forward to an exciting year of Bears athletics. If your student may be interested in participating in athletics this year, please read carefully.

At NGFS, students in grades 5-12 have opportunities to participate in Athletics over three seasons: fall, winter, and spring. Middle Division Sports are offered for students in grades 5-8. JV/Varsity sports are offered for students in grades 7-12. Please visit the [NGFS Athletics webpage](#) to learn more about these offerings.

All NGFS athletes must have the following forms completed and on file with the Athletics Department. These forms are also found on the Athletics webpage.

- [NCISSA Consent to Participate and Release Form](#)
- [NCISSA Pre-Participation Physical Evaluation](#) - this form must be completed by a healthcare provider*
- [NCISSA Concussion Form](#)

*We encourage families to have the Physical Evaluation form completed before school begins, particularly for students interested in fall sports.

Athletics Interest Form

Please complete the [Athletics Interest Form](#) so that we can assess the level of interest in each sport offered as we plan for the 2023-24 sports seasons. If you have more than one 5th-12th grader who would like to participate in sports, please complete the form for each child.

Mark Your Calendars! - Athletics Interest Meeting

If your student is interested in participating in any sport, please join us! These meetings are for parents/guardians and students.

- **Grades 5-6: Monday, Aug. 21, 7-7:30 p.m.** - after Lower School Welcome Night, in the gym on Guilford Campus (1128 New Garden Road)
- **Grades 7-12: Tuesday, Aug. 22, 7-7:30 p.m.** - after Middle and Upper School Welcome Night, in the gym on Page-Frederiksen Campus (2015 Pleasant Ridge Road)

Fall Sports - Optional Practice Dates for JV/Varsity Soccer and Volleyball

Boys JV/Varsity Soccer and Girls JV/Varsity Volleyball begin practicing first with optional practices on Monday, August 21 and Tuesday, August 22. Required practices begin on Wednesday, August 23. Soccer practice runs 4-5:45 p.m., and volleyball practice runs 4-5:45 p.m. We highly recommend attending the optional practices if you plan to participate this season. Further details for the start of these two fall sports will be sent via email.

If you have any questions, please contact the Athletics Department at athletics@ngfs.org. We look forward to seeing you at the Athletics Interest Meeting on August 21 (grades 5-6) or August 22 (grades 7-12).

Thank you and Go Bears!



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Guided by Quaker values, New Garden Friends School is committed to being an inclusive educational community that honors and develops each person's gifts.