



Participating in Northwest athletics is as sure-fire a way as it gets to having fun, being part of a tight-knit community, and making great friends. It will push you to see just how fast you can go, how high you can fly, and how skilled you can become. It will give you opportunities to shine, and opportunities to grow. There is so much joy, significance, and growth involved in playing sports here at Northwest. Every student, regardless of previous experience, is 100% encouraged to participate!

Fall: Cross Country running, Girls Soccer, Boys Ultimate, Girls Volleyball, Fit Club/Strength & Conditioning

Winter: Basketball, Mixed (coed) Ultimate, Fit Club/Strength & Conditioning

Spring: Boys Soccer, Track & Field, Girls Ultimate, Fit Club/Strength & Conditioning

Summer: Optional practices/contests are offered for some sports (typically Basketball, Cross Country, Volleyball, Girls Soccer, and Boys Ultimate)

There is a place for you in every season to be part of a team, have fun and make friends, and get more fit. When completing registration forms please check the boxes for sports that you are interested in on the page of athletics options. This will get you and your parents/guardians on the email list for those teams so you'll know when team events (and optional summer events) are happening as well as what eligibility paperwork is needed.

More information and FAQ:

- The Upper School fall sports season begins before the school year begins. The start date for this year is **August 22nd**. You'll get to know a lot of new people and make new/more friends and hit the ground running when classes begin!
- Practices and contests typically take place 4-6 days/week. Weekday practices typically are finished by 5:30-5:45pm, though particular sports may extend later in the evening (with study hall time beforehand). Some teams have practices and/or contests on Saturdays too; this varies by sport.
- Transportation: For off-campus contests and practices students are transported via NWS school buses (or will walk to nearby venues such as Bobby Morris and the First Baptist Church). Return time to school is typically 5:45-6pm. Students may leave or be picked up directly from off-campus venues.
- It can be difficult to balance other after-school commitments with athletic participation. Please talk with me or a coach before the season to discuss whether it's possible to play a particular sport as well as juggle other activities.
- Most sports (Track & Field being the notable exception) have varsity, junior varsity (JV), and JVC teams, organized generally by skill and experience. At the beginning of the season coaches will make clear what qualities they are assessing in making team placements. Varsity teams pursue the highest levels of competition. At this level team success is considered paramount and individual playing time in contests is not guaranteed. On JV and JVC teams, broad participation and skill development share priority with team success, and every team member in good standing will participate in each contest.
- Some teams (particularly varsity teams) have contests and practices during trimester and holiday breaks.
- Fit Club and Strength & Conditioning are offered daily after school in the Fitness Mezzanine in the Fall, Winter, and Spring seasons. They differ from team athletics in that they are open to drop-in participation; students attend when they choose. PE credit (full/half/no credit) is earned based on attendance.
- There is a \$140 participation fee for each season. The fee for students receiving financial aid is covered by the Experience Fund.
- Please contact me at britt.atak@northwestschool.org if you have any questions!

"Sports can unite a group of people from different backgrounds, all working together to achieve a common goal. And even if they fall short, sharing that journey is an experience they'll never forget. It can teach some of the most fundamental and important human values: dedication, perseverance, hard work, and teamwork. It also teaches us how to handle our success and cope with our failure. So, perhaps the greatest glory of sport is that it teaches us so much about life itself." - Ahmad Rashad

I am looking forward to seeing you on the court, field, and/or track!

Britt Atack
Athletic Director