

Notice of Middle School Sports Start Dates

To: Dover Middle School Parent's/Guardian's
From: Peter Wotton – Director of Athletics and Physical Education; Dover
Re: Middle School Sports Starting Dates
Date: June 12, 2019

Dover Middle School Sports Start Up Dates

The Dover Middle School **Girls' Soccer, Boys' Soccer, Cross-country, Girls Volleyball and Field Hockey** sports teams will start on the following dates and times: On Thursday, August 29th there will be an organizational meeting beginning at 2:30 in the Dover Middle School gymnasium for all students who want to tryout for any of the athletic teams. The meeting should last approximately 30 minutes. The purpose of this meeting is for all prospective athletes to meet their coaches and to confirm that all appropriate registrations and paperwork are completed and to ensure that the appropriate fees are paid.

Regular practices/tryouts will be held beginning on Tuesday September 3rd at 2:45. Anyone playing **Boys' or Girls' soccer** should bring a mouthpiece, shin guards, soccer ball, and a water bottle to practice. Soccer is open to students in grades 7 and 8. **Field hockey** players are asked to bring a stick, water bottle, and mouthpiece to practice and are required to wear protective eyewear to all games and practices (please contact the Dover Athletic department for further details on eyewear). Field hockey is open to students in grades 6 through 8. **Girls Volleyball** players should bring a water bottle, shorts, sneakers, and protective knee pads. Girls Volleyball is open to all girls in grades 5 through 8. **Cross-country** runners should bring shorts, a T-shirt, a water bottle, and running shoes to the first practice which will be held at 4:30 PM at Garrison Elementary School. Cross-country is open to students in grades 5 through 8.

All student-athletes and their parent/guardian are required to complete an on-line athletic registration prior to the first practice/tryout. Registration information can be found at <https://www.familyid.com/dover-highmiddle-school> All student-athletes will be charged a \$40 transportation fee when registering on Family I.D. Only those student-athletes who qualify for "reduced lunch" will receive a reduced transportation fee while those student-athletes who qualify for "free lunch" will receive a waiver of the transportation fee. All student-athletes must have a Physical Examination prior to the first practice/tryout - physicals are valid for a two-year period from date of issuance. Physicals will be offered free of charge for any student 12 years old or older by Seacoast Orthopedics and Sports Medicine on August 6th and August 12th from 5:30 to 7:30 at their location at 7 Marsh Brook Drive, Suite 100 - Somersworth, NH 03878.

All students are urged to do some running and aerobic work prior to participation in the athletic program of choice.

If you have any questions about middle school athletics please contact the athletic department at 516-6950.

Thank you!
Peter R. Wotton