

August 2008



Dear Parents and Athletes:

I hope you have been having a wonderful summer!

Field Hockey and Soccer practice will begin on the first day of school, Tuesday, September 2. Enclosed is a **tentative** schedule for practices and games. If your child will miss a practice, please send a written note to me. We realize that there may be conflicts and that your child may have to miss practice once in a while, but please try to schedule appointments so they do not conflict with the school day or practices.

The school will supply sports uniforms, excepting sports-specific T-shirts and soccer socks (you will be billed for those items). The athletes can wear their T-shirts with their sports uniform bottom on game days. They must have either a Swain sweat suit or a Swain warm-up suit as part of their athletic uniform. If your child has a sweat suit from a previous year he/she may wear that. (Sweat suits and warm-ups are available through the School Store as well as a limited supply in the Swain Association's Used Uniform sale.)

Athletes must have all required forms (Physical, Physician's Statement, Parent Permission Form, and Emergency/Information Form) on file in the Athletic Office by Friday, August 29. No exceptions! Please do not wait until the last minute to schedule the physical as it is often difficult to get an appointment.

Now is the time for athletes to get in shape! If you have spent the summer being a couch potato, it is time to start moving. Begin slowly, especially if the weather continues to be hot and humid. Walking, jogging, biking, and swimming are all good for building overall fitness. Increase your activity slowly to build up endurance. Make certain that you drink plenty of fluids and exercise in the coolest part of the day. For those of you who have been active or attended sports camps, keep it up and slowly increase your exercise. You will be way ahead if you begin the season in shape.

I look forward to working with you and your child in Swain's Athletic Program and I encourage you to contact me if you have any questions or concerns. You can reach me at 610-433-4542, ext. 120 or mwerner@swain.org. The coaches and I are excited to begin fall sports. We are eager to have our Cougars back on the field!

Sincerely,

Margaret L. Werner
Director of Athletics

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