General practice guidelines:

At the start of each season, athletes should report to the locker room, change for practice, and then report to the areas designated for their sports. Practices for the 2021-22 school year will run from 3:10-4:30 Monday, Tuesday, Thursday and Friday until the competition schedule begins. Once competitions begin, the schedule may vary a bit. A more detailed calendar should be provided by the coaches of the sports.

Athletes should bring clothing and equipment appropriate to their sport. The school will provide uniforms, and some equipment (such as basketballs or soccer balls.) Athletes are welcome to purchase their own equipment such as tennis or badminton racquets. However, if you do not want to do that, the school has a limited number of racquets available for student athlete use.

Athletes need to bring their own water bottle. It is extremely important that they do NOT share water with each other.

For a detailed list of our COVID safety protocols, please see this page.

Competition schedules will be provided by the coaches of the individual sports in their calendars once those are released.