



Emerson

SCHOOL

Fall Interscholastic Sports Information

Emerson School provides opportunities to participate in three interscholastic sports each fall.

- Volleyball is available to girls in grades 5 through 8
- Cross country is available to boys and girls in grades 5 through 8
- Co-ed soccer is available to all students in grades 6 through 8.

Any student wishing to participate in such interscholastic sports through Emerson School must have a completed sports physical form turned in to the Middle School Office before competing.

VOLLEYBALL

Kelly Foy, Assistant to the Head of School and Board of Trustees, will be the returning volleyball coach this year. Matches are on Tuesdays and Thursdays, with the first match of the season on September 10. Regular practice times are typically per week from 3:15pm - 4:45pm. The season finishes with a tournament October 25-27. If you are interested in your daughter signing up please submit an inquiry [here](#)

CROSS COUNTRY

Bryan Seymour, Middle School Language Arts teacher, is the cross country coach. Cross country will begin practices on Monday, September 9 - the second week of school. Practices will be on Mondays, Wednesdays, and Thursdays from 3:00pm-4:30pm. The team will meet in the back of school under the largest trees as in past years. At this point, seven meets are scheduled. More information will be provided during the first week of practice. It is strongly encouraged for runners to run over the summer to build endurance. Please contact coach Bryan Seymour at bseymour@emerson-school.org with any questions!

SOCCER

Lenny Dale, PE teacher, is the soccer coach. Soccer practices will be held on Mondays, Tuesdays, and Thursdays, from 3:15pm-4:45pm. The first practice will be Thursday, September 5. The first game will be on Thursday, September 12. Regular season games are Tuesdays and Thursdays, and game times are a fairly standard 4:15pm across the league. The season ends with a tournament, hosted by Emerson, on October 10th, 11th & 12th. If you would like more information, please contact coach Lenny Dale at ldale@emerson-school.org. Lenny encourages prospective players to run on their own, beginning in early August, with the goal of being able to run, non-stop, comfortably, for 30 minutes (the length of a half in a match), with intermittent sprints included, when they come to the first practice.