



## Dear Friends Academy Families,

As we begin a new school year, I want to extend my best wishes to you all. At Friends Academy, we recognize the important role athletics plays in shaping our students' experiences. As we look ahead, the Athletics Department remains dedicated to building community, promoting physical well-being, and ensuring a safe, successful return to sports. We're excited to share details about the upcoming fall season and offer a preview of some exciting new athletic initiatives launching this year.

## Register for the upcoming Fall Sports Season

We are now using VantageSportz to manage our Friends Academy Athletic Team Registration. All athletes (Grades 7-12) must be registered on this site with the team they wish to compete on, and parents will use the site to complete all of the athletic permission forms.

### \*Sign Up – [Friends Academy Athletic Registration Site](#)

- **Upper School Registration:** Opens Friday, July 25
- **Middle School Registration:** Opens Wednesday, Sept. 3

*\*PLEASE NOTE: Parents must click on "Sign Up?" on the login page the first time you use the site.*

## Medical Information for Pre-Season:

Any student in grades 7-12 participating in fall athletics **MUST** have the following forms uploaded/completed in both Magnus Health and on our [Friends Academy Athletic Registration Site](#) **PRIOR TO THEIR FIRST PRACTICE, OR THEY WILL NOT BE ALLOWED TO PRACTICE:**

- **Current Physical Exam** – Upload to Magnus Health (login to the Parent Portal off of the Friends Academy homepage)



- **Athletic Consent, Concussion Fact Sheet, and Sudden Cardiac Arrest Info Sheet** – Complete and eSign – located in VantageSportz. All athletic forms will be live on the [Friends Academy Athletic Registration Site](#) on **Friday, July 25th**; please complete them as soon as possible so we have time to get everyone cleared in time and fix any problems in advance.
- **Interim Form** – Complete and eSign (NOTE: Not available until 30 days prior to first practice) – located on the [Friends Academy Athletic Registration Site](#)

**Note: This is particularly important for Upper School athletes whose pre-season practices begin as early as mid-August.**

## **The Upcoming Fall Sports Season:**

- **Fall Sports Family Night** – Please join us on **Tuesday, September 9th**, at 6 PM for our Virtual Fall Sports Family Night. Preview the upcoming season with members of the FA Athletic Department and then break off to information sports sessions led by each Varsity Head Coach. All families in grades 7-12 are invited.

*<https://us02web.zoom.us/j/87696612011>*

- **Fall Sports Important Dates:**
  - **August 18th** – the start of Football
  - **August 25th** – Start of Upper School Fall Sports
  - **September 3rd** – Start of MS Fall Sports
  - **September 4th and 6th** – US Fall Sports Media Day for Varsity/JV teams
  - **September 9th** – Virtual Upper and Middle School Fall Sports Parent Night, 6 PM (Zoom links to follow)
  - **October 7th** – Under the Lights Boys and Girls Soccer, 5:15PM and 7:15PM
  - **October 17th and 18th** – Fall Fair Family Night and Fall Fair



## Follow FA Athletics on our Social Media Accounts

Head over to our pages on Instagram and X (formerly Twitter) and get a front-row seat as we highlight our Friends Academy student-athletes, share updated news and game results, and celebrate our student-athletes throughout the school year! We will be sharing information about the upcoming season in the coming weeks!

Please follow us on social media at:

- [Instagram @FriendsAcademyAthletics](#)

## Friends Academy Athletics Streaming Channel:

All games on the turf and in our gym will be streamed through our Hudl TV Channel. If you cannot make a game in person or your family far away wants to watch the games, no problem!

- [Tune in for the stream](#)

## Upper School Pre-Season Practice Schedule

- Football starts – Monday, Aug. 18th, 3 pm at ROSLYN HIGH SCHOOL
- All other Fall sports start – Monday, Aug. 26th
  - **Practice Schedule:**
    - Monday, August 25th, 3:30 PM-5:45 PM
    - Tuesday, August 26th, 3:30 PM-5:45 PM
    - Wednesday, August 27th, 3:30 PM-5:45 PM
    - Thursday, August 28th, 3:30 PM-5:45 PM
    - Friday, August 29th, 3:30 PM-5:45 PM

***Please note*** that Section VIII requires six practices before any student can participate in a scheduled competition. The weather during the week of the 25th may cause possible cancellations of practices due to heat and thunder/lightning. If that occurs, there is the potential of having non-mandatory practices on the weekend of Labor Day to meet the practice mandate for competitions set forth by Section VIII. Additionally, most Upper



*School sports will try to find time to practice during Labor Day weekend due to games starting the following week.*

You will receive additional information regarding the schedule of practices from your child's coach. If you have specific questions, please contact the coach directly:

- **Football** – [Nick Attardi](#)
- **Girls Soccer** – [Vincenza DeCrescenzo](#)
- **Boys Soccer** – [Edgar Posada](#)
- **Field Hockey** – [Taylor Mumley](#)
- **Girls Tennis** – [Owen Kassimir](#)
- **Cross Country** – [Dave Frazer](#)
- **Crew** – [Sara Baldvins](#)
- **Cheerleading** – [Kristin Minuto](#)
- **Middle School** – [Matt Johnsen](#)

If you have any questions, please do not hesitate to contact the Athletics Office. Enjoy the remainder of the summer, and we look forward to seeing you soon!

Sincerely,

Matt Johnsen

Director of Athletics and Physical Education