



Dear George School Families,

We are looking forward to having our students back on the fields and courts for the Fall 2023 season! Below are details about the sports offered. Please take a few minutes to read through the information below.

Preseason, August 20-26. Preseason will take place for all interested in a varsity-level position from August 20-26. Any student – new or returning – who wishes to play on a varsity team in the fall should plan to attend preseason. **If you plan to attend preseason, you must email the coach of your sport (a list of contacts is below)** to indicate your interest and commitment; coaches will email their athletes with a detailed schedule for the week. Boarding students who attend preseason will be allowed to move into their dorm on August 20.

Preseason is offered for the following sports. If you have questions or would like more details for have questions about the sport, please contact the appropriate head coach:

- Cross Country (Boys and Girls) – Mike Sherman – msherman@georgeschool.org
- Equestrian (Co-Ed) – Tiffany Taylor – ttaylor@georgeschool.org
- Football (Boys) – MacAdoo Harrison-Dixon, Sr. – mharrisondixon@georgeschool.org
- Field Hockey (Girls) – Kim Stone - kstone@georgeschool.org
- Soccer (Boys) – Glenn Curry – gcurry@georgeschool.org
- Soccer (Girls) – Ginna Lewing – glewing@georgeschool.org
- Tennis (Girls) – Elena Harris – eharris@georgeschool.org
- Volleyball (Girls) – David Nolan – dnolan@georgeschool.org

All preseason athletes should bring:

- Workout clothing appropriate to your sport
- Lots of socks (blister socks can be helpful—they are a double-knit synthetic material)
- Towels for the dorm and the gym
- Sunscreen
- Water bottle/sports drinks
- Rain gear (sometimes we practice in the rain)
- Bathing suit
- Sweat clothes or tracksuit (sometimes it gets chilly)
- Shirts/shorts (several since you may need to change several times a day)
- Flip-flops or sandals (good for airing the feet)

Boarders should also bring:

- Sheets/blanket
- Pillow and pillowcase
- Fan
- Towels
- Money (for clothes washing and incidental expenses)

Schedules. Fall game schedules are posted on the [website](#). Please refer to this site for updates, directions, and other important links throughout the school year.

Medical Forms. To be eligible for fall sports, interested students must have all of their medical paperwork submitted through the Parent Portal. Students will not be able to participate in preseason, sports or activities without these submitted forms.

Concussion Testing. Brain Check is a system that assists us in assessing any possible concussion sustained by a scholar-athlete and evaluating their ongoing recovery. All George School students are required to complete a Brain Check assessment, which includes a ten-minute series of computerized memory and reaction time activities. The initial Brain Check assessment serves as a baseline; in the event a concussion is suspected, this initial assessment will help to establish the best treatment.

Baseline Brain Check assessment information will be sent to each student three to four weeks prior to preseason, and testing must be completed before that student arrives on campus. There is no charge for the baseline or follow-up testing. **No student will be able to participate in physical activity until their baseline testing is complete!**

Livestream Coverage for George School. George School Athletics streams as many home contests as possible; any game recordings will be available on the GS Athletics website. If the host school provides a livestream link, we share that via the website and/or social media.

Team Stores. General school merchandise can be purchased through the [School Store](#) . In addition, coaches provide team members and their families with a link to a custom online store with merchandise specific to each sport.

If you have further questions, feel free to contact me by email at kruch@georgeschool.org. I look forward to seeing all of our scholar-athletes back here in August– have a safe and enjoyable summer!

Sincerely,

Kurt Ruch
Director of Athletics and Recreation
kruch@georgeschool.org