



UPPER SCHOOL ATHLETICS INFORMATION

Dear Parents and Vikings Athletes:

I hope this note finds you well and enjoying your summer vacation. It is hard to believe that the start of the school year is just around the corner, and soon the quiet hallways will again be booming with chatter and laughter. I am looking forward to the upcoming school year with a sense of great anticipation and enthusiasm.

As you are aware, part of your son's/daughter's US experience is the participation in our Athletic Program. We place great value on this component of our program and believe deeply that every student benefits by participating in an athletic activity. I would like to take this opportunity to make you aware of some important information concerning our fall preseason practices.

On Monday, August 20 , all students interested in playing a fall sport should report to the US gymnasium by 3:15 p.m. for our mandatory **Fall-Athlete Orientation and Positive Coaching Alliance Leadership Workshop at 3:30 p.m. to kick off the start of preseason.** Coaches will also take time to meet with students coming out for their teams and to issue lockers and equipment. Please note that students must keep their lockers locked at all times, as all teams will use the Upper School as a home base.

During preseason practices, students who drive themselves to school must use the US parking lot, which is located next to the Performing Arts Center (PAC). Students who are being driven to school should be dropped off and picked up in front of the Middle School. Practice times for Tuesday, August 21 – as well as the entire two weeks of preseason – will vary by sport and are determined by the Coaches. [Preseason Practice Schedules](#), along with [Fall Team Game Schedules](#), are posted on our website. During the school year, a Weekly Practice Planner is posted as well. All information is updated as changes arise and should be frequently checked.

It is expected that all athletes be in attendance for the entire preseason, unless there is a legitimate reason for missing practice. Preseason practices are crucial to our athletes and programs from both a conditioning and teaching standpoint. If you believe that you have a conflict that exists for all or part of the preseason, please contact the Head Coach of that sport directly to work out any necessary arrangements. You will find Head Coach contact information for all seasons listed at end of this letter, along with program offering, location and fee information for all seasons.

Each student will be issued any necessary practice/game gear, uniforms, and equipment to keep for the entire season. Similar to past years, students will be given a pair of King shorts and a King T-shirt for practices. Students are responsible for wearing appropriate King practice gear, and for keeping their equipment and uniforms clean. All School-issued equipment is to be returned at the end of the season. Students are billed for any missing or damaged equipment or uniforms. Please know that additional King clothing is available for sale in the School Store, hours and locations are available on the [School Store website](#).

Please also know that no student will be allowed to participate in any aspect of preseason practices until his/her updated Emergency Contact Form, valid Physical Form and other related information has been uploaded into the School's Magnus Health system. If you have not yet done so, please be sure to complete the Magnus forms. Please note that parents are responsible for uploading all Emergency Contact and Health Forms directly into Magnus. **Students will not be able to participate in preseason until their Magnus Health information are approved.**

We are also in the advantageous position of having two certified athletic trainers on staff here at King School. Head Trainer, Jason Bouton (jbouton@kingschoolct.org), and Assistant Trainer, Emma Jonsson



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(ejonsson@kingschoolct.org). As licensed healthcare professionals, recognized by the AMA for specifically treating athletes and athletic injuries, they oversee the health and well-being of our student-athletes. Working in conjunction with physicians to treat and manage injuries so that students may safely return to play in a timely fashion, they are available for any questions or concerns you may have through email or at (203) 322-3496, Ext. 378. Jason also supervises our [Concussion Management Plan \(CMP\)](#) for our athletes. The CMP tightly weaves academics with athletics to keep everyone informed, including both trainers, your child's advisor, the Director of Teaching and Learning, the School Nurse, and the Athletic Department. As you saw from Mr. Hauben's note, even more important to review this information due to the recent revisions to the policy.

As an important heads up for our fall athletes and families, please remember pre-season is a challenging, important part of getting ready for competition. Developing the pre-season has been a work in progress and we model our schedule and routines according to the latest research and best practices to keep our athletes as safe as possible. One of the biggest hurdles for fall pre-season is the weather, since there are high heat and humidity levels. This, coupled with exercising, can bring about different stages of heat illness, such as heat cramps, heat exhaustion, and heat stroke. In order to help prevent this, it is incredibly important that students maintain an appropriate level of hydration and conditioning over the summer.

For students with allergies to bee stings, peanuts, and/or asthma; we highly recommend sending in an extra EpiPen and/or inhaler. These will be kept in their teams' medkits in case of emergency. The Athletics Department works very closely with the Nurse's Office to ensure all coaches are aware of any chronic health issues.

We would also like to inform you of two events taking place the opening week of pre-season. The first is our new **Vikings Fall-Athlete Day** on Thursday, August 23 from 11:00 a.m. to 1:00 p.m. Sponsored by the Viking Pride parent group, we will have a pizza truck and a shaved ice truck on campus for lunch and Gatorade will once again run their GExperience program with free product and hydration seminars for all of our fall athletes. We then invite you and your family to attend our **Annual Vikings Kick-Off Cookout on Thursday, August 30, at 6:00 p.m., in the PAC courtyard**. All of our fall Coaches and athletes will be in attendance, and we hope to have as many parents and other family members attend as possible to help us celebrate the end of preseason, and welcome the beginning of the school year. Following the dinner and a brief opening session, each fall Coach will meet with the parents of his/her team to discuss the program, expectations, philosophy, practice schedule, lettering system, etc., as well as answer any questions that you may have. The event is sponsored by the Athletic Department and is complimentary for all who attend. **If you plan to join us, please contact me no later than Friday, August 24, to let me know how many will be in your party** (not counting any preseason athletes). I can be reached via email at tdecker@kingschoolct.org, or at (203) 322-3496, Ext. 337. Please leave a message if you get my voicemail.

Our entire Staff is extremely excited about the upcoming season. I look forward to welcoming all of our student-athletes back on August 20, and beginning preparations for an enjoyable and successful fall season for the entire King community. Should you ever have any questions, please feel free to contact me via email or phone as listed above. In the meantime, I hope that you and your family enjoy the remaining few weeks of summer.

Warmest Regards,

Thomas I. Decker
Athletics Operations Director



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UPPER SCHOOL TEAM, COACH AND LOCATION/FEE INFORMATION

FALL SPORTS

NEW! Girls & Boys Crew (Location: Row America Greenwich, Fall 2018 Per-Athlete Participation Fee: \$1,650.00)

Head Coach: **Doug Fishkin** (917) 887-8575 dfishkin@kingschoolct.org

Girls & Boys Cross Country (General Training On Campus)

Head Coach: **James Hart** (914) 277-0335 jhart@kingschoolct.org

Field Hockey (North and Turf Fields)

Head Coach: **Emily Prince** (914) 486-0061 eprince@kingschoolct.org

Football (Turf Field)

Head Coach: **Dan Gouin** (203) 981-7610 dgouin@kingschoolct.org

Boys Soccer (Turf & Middle Fields)

Head Coach: **Enzenio Mallozzi** (203) 667-8150 enzenio.mallozzi@gmail.com

Girls Soccer (Turf & Middle Fields)

Head Coach: **Darren Gourlay** (203) 919-9262 dgourlay@kingschoolct.org

Volleyball (US & LS Gyms)

Head Coach: **Tung Tran** (203) 322-6831 ttran@kingschoolct.org

Dance (PAC, Counts towards Athletic Credit - interested students should contact Ms. Segovia directly for program details)

Lead Instructor: **Jen Segovia** jsegovia@kingschoolct.org

WINTER SPORTS

Boys Basketball (US & LS Gyms)

Head Coach: **TBA**

Girls Basketball (US & LS Gyms)

Head Coach: **Greg Fleming** (203) 989-1708 gfleming@kingschoolct.org

Indoor Crew (US Cardio Room)

Head Coach: **Doug Fishkin** (917) 887-8575 dfishkin@kingschoolct.org

Ice Hockey (Location: Stamford Twin Rinks, Participation Fee: TBD based on number of participants)

Head Coach: **Guy Savage** (508) 353-2938 gsavage@kingschoolct.org

Girls & Boys Squash (Location: MSquash (Port Chester, NY), Participation Fee: TBD based on number of participants)

Coaches: **Katline & Shaun Moxham** School Liaison: **Mark McAndrews** mmcandrews@kingschoolct.org



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SPRING SPORTS

Baseball (*Middle Field Diamond*)

Head Coach: **TBA**

Girls & Boys Crew (*Location: Row America Greenwich, Participation Fee: TBD based on number of participants*)

Head Coach: **Doug Fishkin** (917) 887-8575 dfishkin@kingschoolct.org

Boys Golf (*Location: Sterling Farms and Rockrimmon CC, Participation Fee: TBD based on number of participants*)

Head Coach: **Tom Fletcher** (508) 728-8706 tfletcher@kingschoolct.org

Girls Golf (*Location: Sterling Farms and Rockrimmon CC, Participation Fee: TBD based on number of participants*)

Head Coach: **Roxanne Mitchell** (203) 223-1519 rmitchell@kingschoolct.org

Boys Lacrosse (*Turf Field*)

Head Coach: **Marc Saracino** (914) 497-6671 msaracino@kingschoolct.org

Girls Lacrosse (*Turf Field*)

Head Coach: **TBA**

Softball (*Middle Field Diamond*)

Head Coach: **Karen Cella** (914) 774-8327 kcella@kingschoolct.org

Boys Tennis (*Location: Sterling Farms Tennis Courts, Participation Fee: TBD based on number of participants*)

Head Coach: **Tom Carey** (203) 524-5016 tcarey@kingschoolct.org

Girls Tennis (*Location: Sterling Farms Tennis Courts, Participation Fee: TBD based on number of participants*)

Head Coach: **Claire Norton** (203) 829-3045 cnorton@kingschoolct.org

Note on Spring Break Team Training Trips: Starting in Spring of 2019, a rotation of team training trips will begin. In March of 2019, Boys and Girls Lacrosse will train locally, including full-field indoor practice opportunities, scrimmages and jamborees, and take part in a customized Leadership Camp program at Chelsea Piers in Stamford. Full schedule, along with dates, times and locations is TBD. Both Lacrosse teams will be scheduled to once again travel for training in 2020. Baseball and Softball will travel to Florida in March of 2019, while Golf, Tennis, and Crew travel opportunities will be determined based on interest and participation levels.