The following important information appears in your student/ parent handbook. We are repeating it here for your convenience:

The lower school program is structured to provide all interested students with an educational, enjoyable and appropriate experience. In order to accomplish these goals, we have created a structure that combines interscholastic opportunities for the most advanced students and a spirited and instructional intramural program for students who need to concentrate more on sport development.

Whenever possible, depending on the availability of competition, we will field an interscholastic team at the grade 5 level for all sports and one interscholastic team in grade 4 for the sport of basketball. If there are a large number of skilled players in a grade 5 and opponents to play, we will consider adding a second team. On rare occasions, grade 4 athletes will be asked to join a grade 5 team to fill a roster.

In the lower school we will form an instructional and developmental intramural program in sports were we have ample enrollment. These programs may combine students from grades 4-5 in order to make it viable and fun for all. The goal of the intramural program is to help and support the developing athletes in order to better prepare them for an interscholastic experience in the future and to meet the needs of recreational athletes.

All students in grades 4-5 are eligible for after-school sports. No student will be dropped from the sports program provided he/she maintains regular attendance, displays proper sportsmanship and does not lose eligibility due to a D or F in any subject or failing to attain the "meets" level in effort. This also applies to other after-school activities.

- Practices are held Monday Friday, 3:45-4:45 p.m. for grade 4, and 3:45-5 p.m. for grade 5. Students are expected to attend practice daily but mandated attendance days are, Tuesday, Wednesday and all game days.
- Swim practices are Tuesday and Thursday. Track does not have mandatory days.
- Parents are invited to watch games. We ask that parents not attend team practices or try-outs.





2024-25 Seasons

Online sign-ups will begin Mon., Aug. 5



LATE WINTER

Early Jan. - Mid-March Boys Soccer

SPRING

Girls Basketball

Mid-March - Mid-May Baseball, Girls Volleyball, Track

Track
Interscholastic Lower School League-West Bay
Athletic League (WBAL)

Castilleja School, The Girls' Middle School, Keys School, Nueva School, Pinewood School, Priory School, St. Joseph's Sacred Heart School, St. Matt's School, Woodland School, Highlands Christian, Redeemer Lutheran.



Please refer to your LS/MS athletic handbook for more detailed after-school sports information.