



July 27, 2009

Dear Breck Families,

If there are questions regarding any piece of the Breck Athletic Program, please contact me at 763-381-8257, or at brett.bergene@breckschool.org.

Also, please be reminded that participating in three sports during your freshman, sophomore or junior year fulfills a PE credit requirement. We support 27 programs in the Athletic Department at Breck School. Because of this, we need a high level of participation to keep them alive. If you have a desire to try out something new please do not hesitate. We would love to have you.

Breck School recognizes the following sports as ONLY Middle School participation - **Fall:** Girls Tennis, Girls Volleyball, Football, Girls/Boys Soccer. **Winter:** Girls/Boys Basketball. **Spring:** Boys Tennis, Girls/Boys Lacrosse, Girls/Boys Track, Baseball. The following sports are designated grades 7-12 meaning those sports which a Middle School team is unavailable, so 7th and 8th graders may participate on the Varsity/JV team. These athletes are considered Varsity/JV athletes and must follow the MSHSL Eligibility policies. **Fall:** Cross Country, Girls Swimming and Diving. **Winter:** Girls/Boys Hockey, Girls/Boys Nordic Ski, Girls/Boys Alpine Ski, Boys Swimming and Diving. **Spring:** Softball

If a 7th or 8th grade athlete would like to try out for a Varsity team which a Middle School team is available, they must turn in a SIGNED "Request for Middle School Athlete to Participate on the Varsity Level" Form to the Athletic Office. This form is located in the Office of Athletics and can be printed from the Breck Athletic homepage.

The 2009-10 All Athletics Meeting will be held on Tuesday, August 25, 2009 at 6:30 pm. This meeting is required for all 09-10 student athletes and coaches, and parents are welcome to attend. The meeting will begin with a brief presentation regarding school policy and expectations. We will then hear from Hans Skulstad of the MN Center For Sports & The Mind. Hans will be discussing the topic of developing fundamental emotional habits an athlete needs to develop and improve their performance in athletics, and in life.

Understand that the expectations of the Minnesota State High School League (MSHSL) policies require all eligibility forms and physical forms to be turned in **BEFORE THE FIRST DAY OF COACHES PRACTICE**. The document is included within the packet for those participating in MSHSL recognized sports; Varsity/JV/9th or C-Squad level athletics. Please sign and mail or drop off the forms in the Office of Athletics before August 17th.

Be sure and check the Breck Athletic homepage at www.brecksports.org for captain's/coach's practice, game schedules, and coach contact information.

Enjoy the rest of the summer safely, and I look forward to seeing all of you in August.

Sincerely,

Brett W. Bergene
Director of Athletics
Breck School