Dear Parents and Students,

Welcome back to the start of the 2021-2022 School Year! I hope you enjoyed your summer vacation and are ready to get back to school. Listed below are the sports we are offering for the Fall, Winter and Spring seasons. Students are allowed to play one sport each season if they are interested. I am really looking forward to the upcoming school year and I hope you are interested in signing up! As we get closer to the start of the season, I will send out more information about potential protocols we will be following for this upcoming year. Based on the guidance that has been provided by the SAU, we will be following NHIAA guidelines.

Practices and games are Monday through Thursday for 60 to 90 minutes. We will not have practices or games on Fridays. The Fall Sports season will start in early September and runs until the end of October. The Winter Sports season starts in November and runs until the end of January. Lastly, the Spring Sports season starts in April and runs until the end of May.

During the first week of school, students that are interested in participating in sports will be given forms that will need to be returned to my office in the gymnasium. The forms include: Emergency Contacts, Athlete Contract and Parent Contract. These forms will also be available on the school website under the Extracurricular/Athletics tab. All forms must be turned in before students are allowed to participate.

A physical examination is required of all athletes before the first practice session. Physical exams must take place after June 1, 2021. The physical will be honored for the entire school year. Please check with the school nurse to find out if your child’s physical is on file and up to date.

If you have any questions, please feel free to reach out to me at pguidi@sau21.org.

Below, you will find our offerings for Fall, Winter and Spring Sports. In recent years, we have opened Soccer, Volleyball, Basketball and Baseball to students in 6th grade. While we encourage 6th grade students to participate in athletics, the 7th and 8th grade students will get priority during sign-ups. Depending on the school year, it may not be feasible to have 6th graders participate because of the number of 7th and 8th graders that are participating, but we will
make every effort possible to include 6th, 7th and 8th graders. I do not foresee this happening this upcoming school year, but I will be in constant communication if we see this issue arise.

**Fall Sports:**
Boys Soccer - 6th, 7th and 8th graders
Cross Country - Co-ed 5th, 6th, 7th and 8th graders
Girls Soccer - 6th, 7th and 8th graders
Volleyball - Co-ed 6th, 7th and 8th graders

**Winter Sports:**
Boys Basketball - 6th, 7th and 8th graders
Girls Basketball - 6th, 7th and 8th graders

**Spring Sports:**
Boys Baseball - 6th, 7th and 8th graders
Cycling Club - Co-ed 6th, 7th and 8th graders
Girls Softball - 6th, 7th and 8th graders
Track and Field - Co-ed 6th, 7th and 8th graders