

Upland Country Day School

Physical Education

Winter 2009-2010

The Upper School Winter Sports season at Upland officially begins on Monday, November 16, 2009. Lower School will begin skating Tuesday December 1st, 2009. This letter outlines details about schedules and equipment. Much of this is also covered in the Athletic Handbook. Please take a few moments to read through this information

Lower School PE days will stay the same in the winter for all grades except fourth and fifth graders. **Fourth and fifth graders** will all be learning hockey skills. The girls will be taught by Mrs. Stancato and Mr. Schluter and the boys will be instructed by Mr. Schluter. In addition the boys will have indoor PE on Mondays and the girls will have indoor PE on Tuesday.

Lower School Schedule

Grade	Monday	Tuesday	Wednesday	Thursday	Friday
PreK	Indoor PE		Indoor PE		
K		Indoor PE		Indoor PE	
1	Skating		Skating		Indoor PE
2	Skating	Skating		Indoor PE	
3		Skating	Skating		Indoor PE
4/5	Girls' Hockey Boys' Indoor PE	Boys' Hockey Girls' Indoor PE	Girls' Hockey	Boys' Hockey	

Skating Equipment Requirements

Grade 1, 2, 3 boys and girls' ice hockey or figure skates, skating helmet, gloves or mittens

Grade 4, 5 ice hockey- ice hockey skates, hockey helmet **with cage**, hockey gloves (elbow pads are suggested); hockey sticks, and mouthguards that attach to helmets.

Some specialized equipment is required for skating. For the safety of the children, **helmets** are required for all boys and girls. Any child without a helmet will not be permitted to skate. Figure skaters may wear horseback riding helmets, but bicycle helmets are not permitted. We recommend buying black hockey helmets to go with the school uniform, but it is ok if you have another color.

Hockey skates are recommended. Sizes normally run a full size smaller than a street shoe. Both plastic molded and leather skates provide support for the ankle with the leather conforming more to the individual foot. When choosing any new skates, one should be aware that they will be stiff for the first several weeks until they are broken in. The skate should fit snugly with very little room in the heel so that it fits like a sock.

We recommend the following brand names for hockey equipment: (there are others that are also good)

Skates: Bauer, CCM, Nike, Graf (leather, not plastic molded)

Helmet (black) with Face Cage: CCM, Bauer, Cooper

Stick: Sher Wood, Bauer, Cooper, Montreal, Easton

Gloves: Cooper, Nike, Koho, Jofa, Easton

The above mentioned equipment can be found at most local sporting goods stores. Kelly's Sports in West Chester offers a 10% discount on sports equipment to Upland families. The Sports Authority in Wilmington (across from Concord Mall) also carries hockey equipment.

Sincerely,

Peter L. Schluter
Director of Athletics

Annmarie Stancato
Assistant Director of Athletics